

HEALING FROM DISEASE, DEPRESSION,
AND DAMAGED RELATIONSHIPS

THE LAW OF *Life*

Michelle came to me with an abdominal cancer that had spread and was resisting all conventional attempts to control it. She also came with emotional baggage from relationship traumas. As I shared with her the principles contained in *The Law of Life*, and as she applied those principles in her life, her cancer reversed. She gained the joy and hope that she had lost, and she had a greater appreciation of her purpose in life. Michelle's story is not an isolated case. I see my patients' relationships restoring, spiritual lives blossoming, and mental health improving when these principles are applied. And you can too. Read and re-read *The Law of Life* until you understand and apply it to your life. You won't regret it!



MARK SANDOVAL after graduating from the Loma Linda University School of Medicine specialized in emergency medicine, practicing nationally and internationally. He transitioned to a lifestyle medicine practice at Uchee Pines Institute in 2012 and later became one of the first 200 physicians in the world to become board certified in lifestyle medicine. He is a proud father and happy husband, as well as an educator, entrepreneur, consultant, administrator, international speaker, and now author.



Uchee Pines Institute
www.uchee-pines.org
1-877-824-3374



THE LAW OF LIFE

Mark Sandoval, M.D.



THE LAW OF *Life*



Mark Sandoval, M.D.

J E S U S

Leaving your
Baggage
Behind

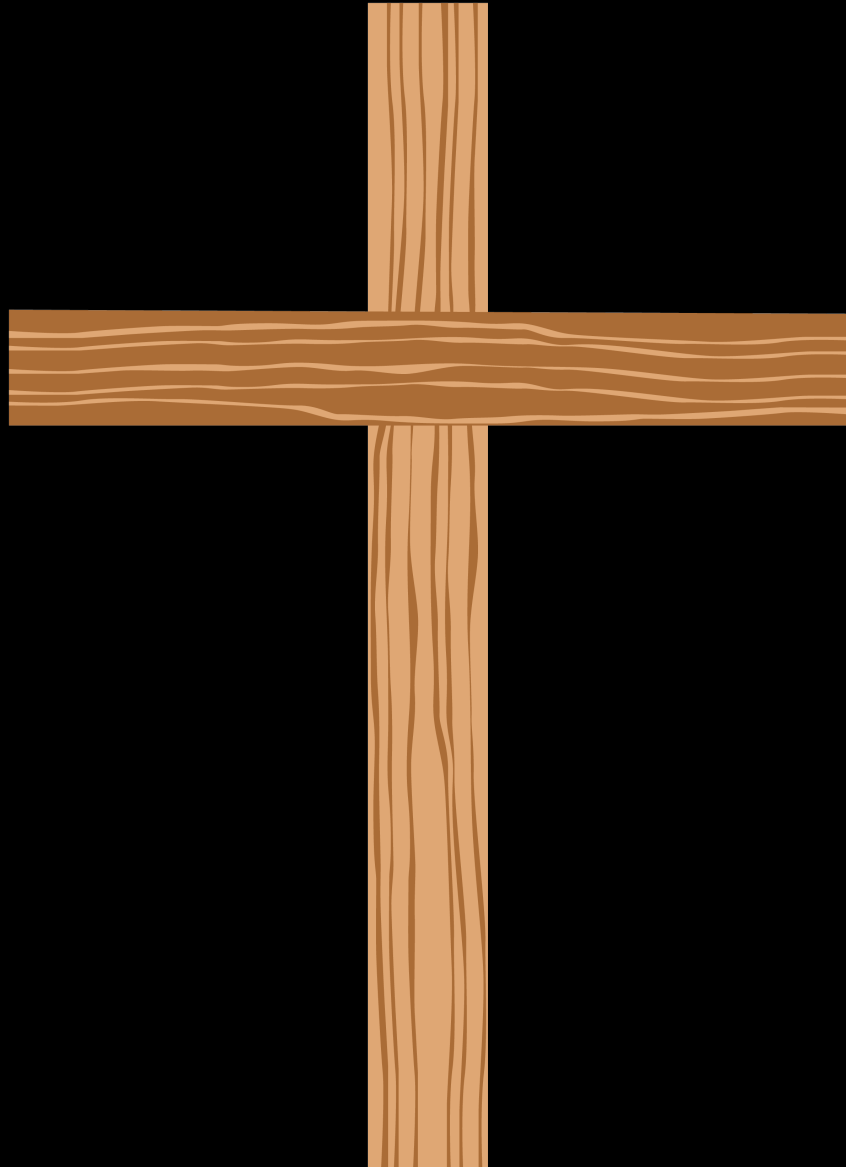
bondage

SHAME

FEAR

HURT

GUILT



“For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.”

- 2 Corinthians 5:21

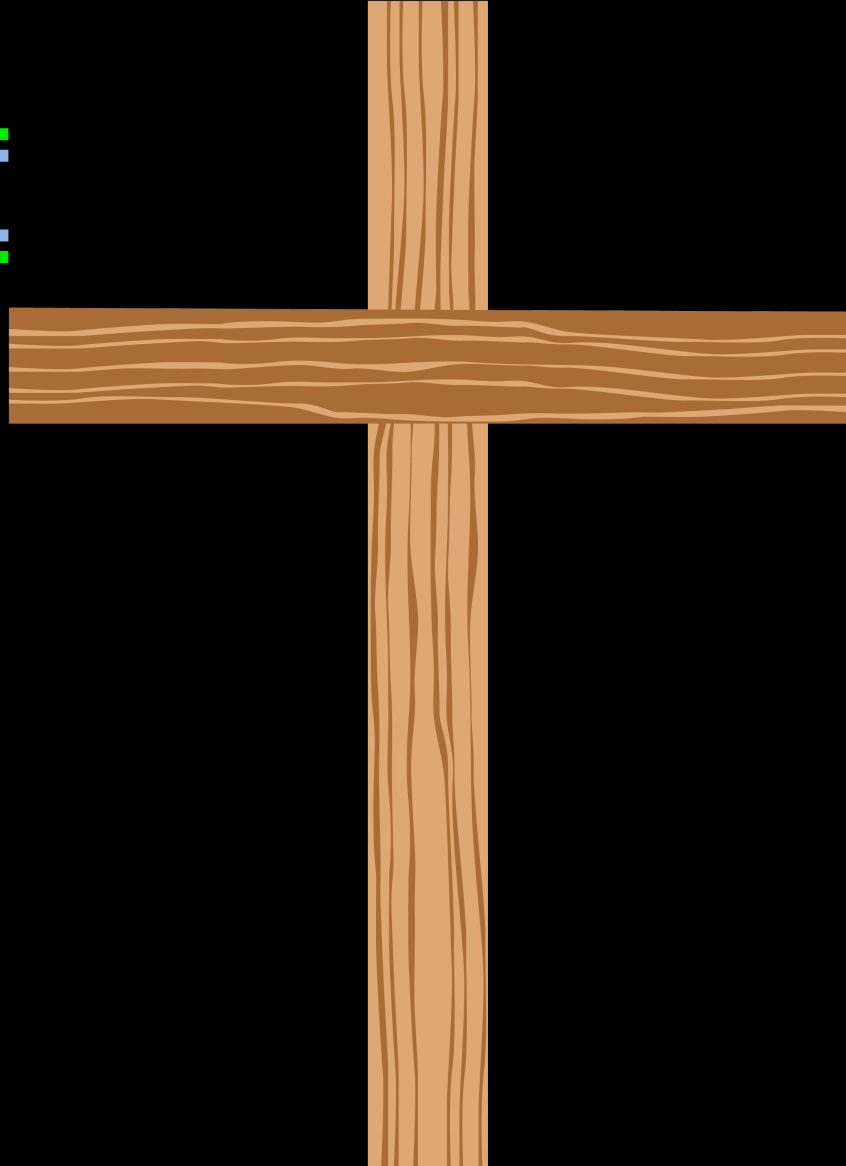


A wooden cross is centered on a black background. The cross is made of two light brown wooden beams with a vertical grain. To the left of the cross, there is a sign consisting of four horizontal bars: two green bars on the outside and two light blue bars in the middle. The word "Jesus" is written in white, bold, sans-serif font across the middle blue bars.

Jesus

perfect

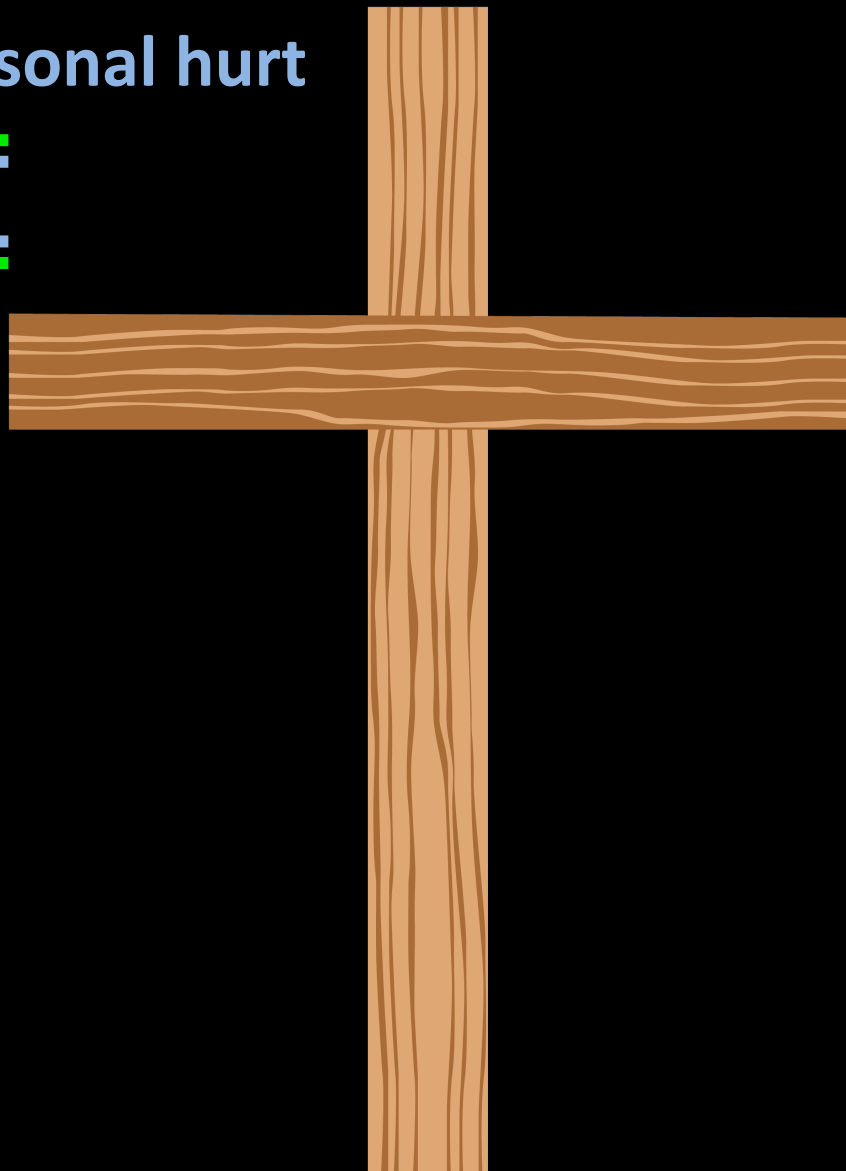
Jesus



“Not for Himself, but for others, He lived and thought and prayed.”

perfect, no personal hurt

Jesus

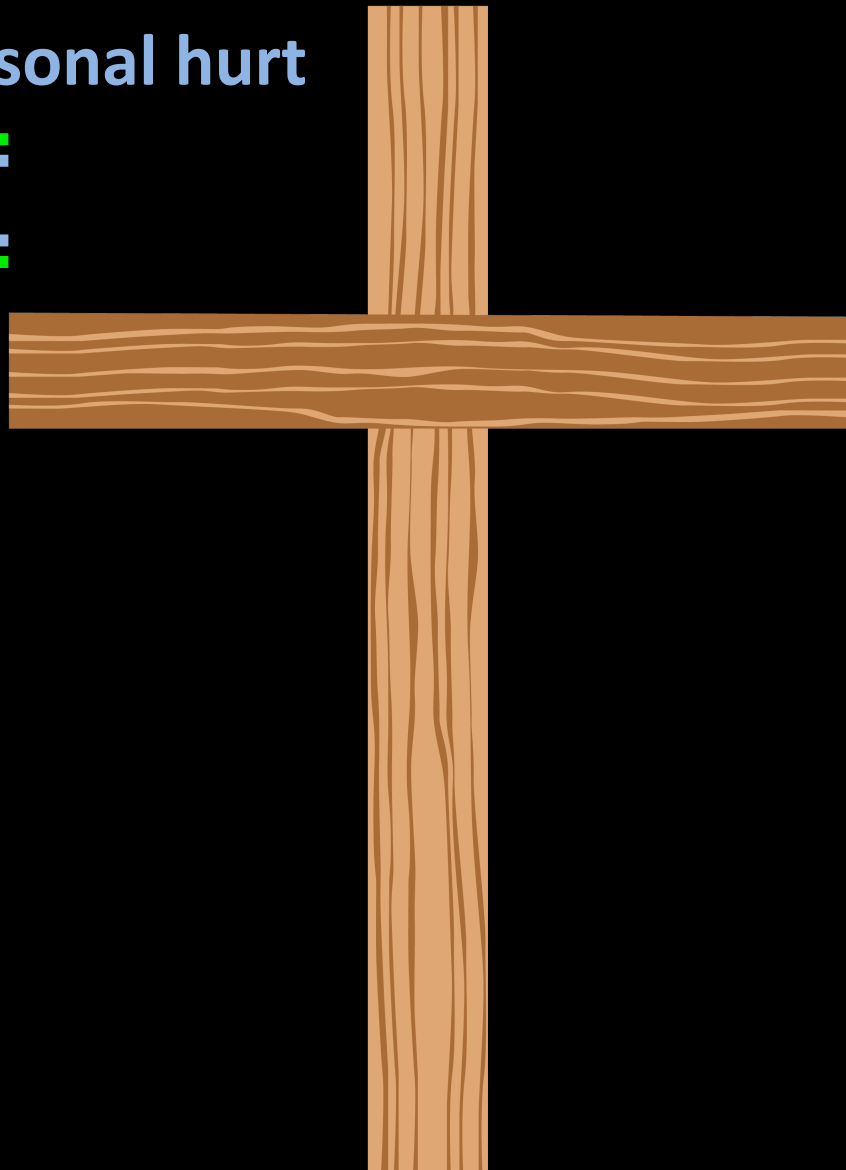


perfect, no personal hurt

Jesus

loving

100



perfect, no personal hurt

Jesus

loving, perfect
response

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples



perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

**Eternal
Life**

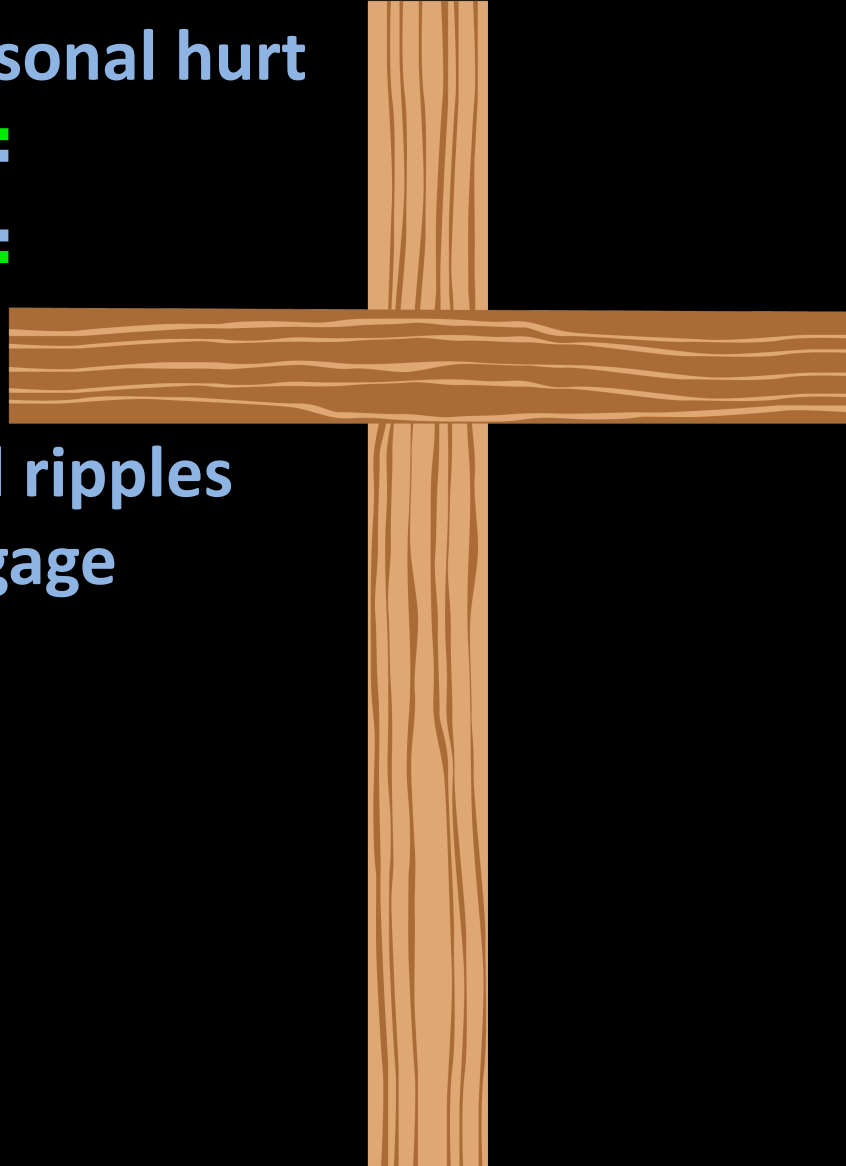
perfect, no personal hurt

Jesus

loving, perfect

response, good ripples

power, no baggage



**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

Me

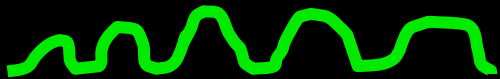
**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful



Me



**Eternal
Life**

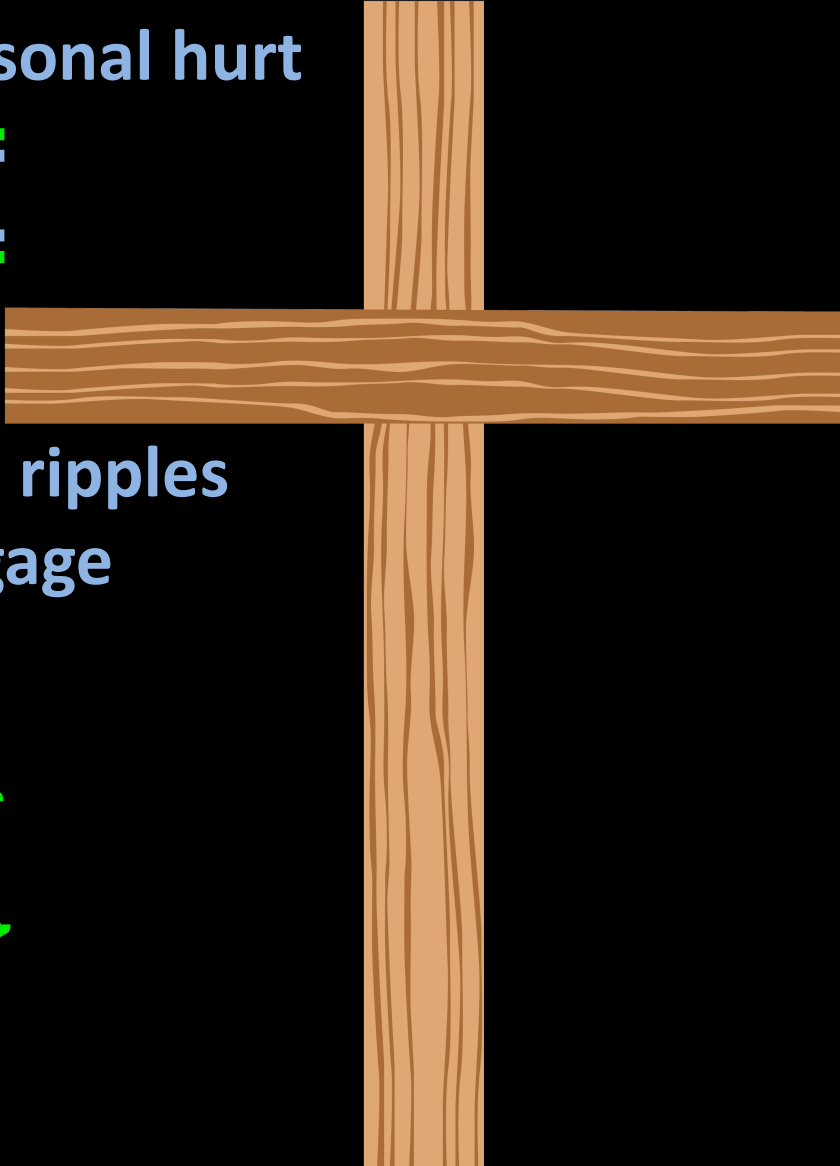
perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt

Me



**Eternal
Life**

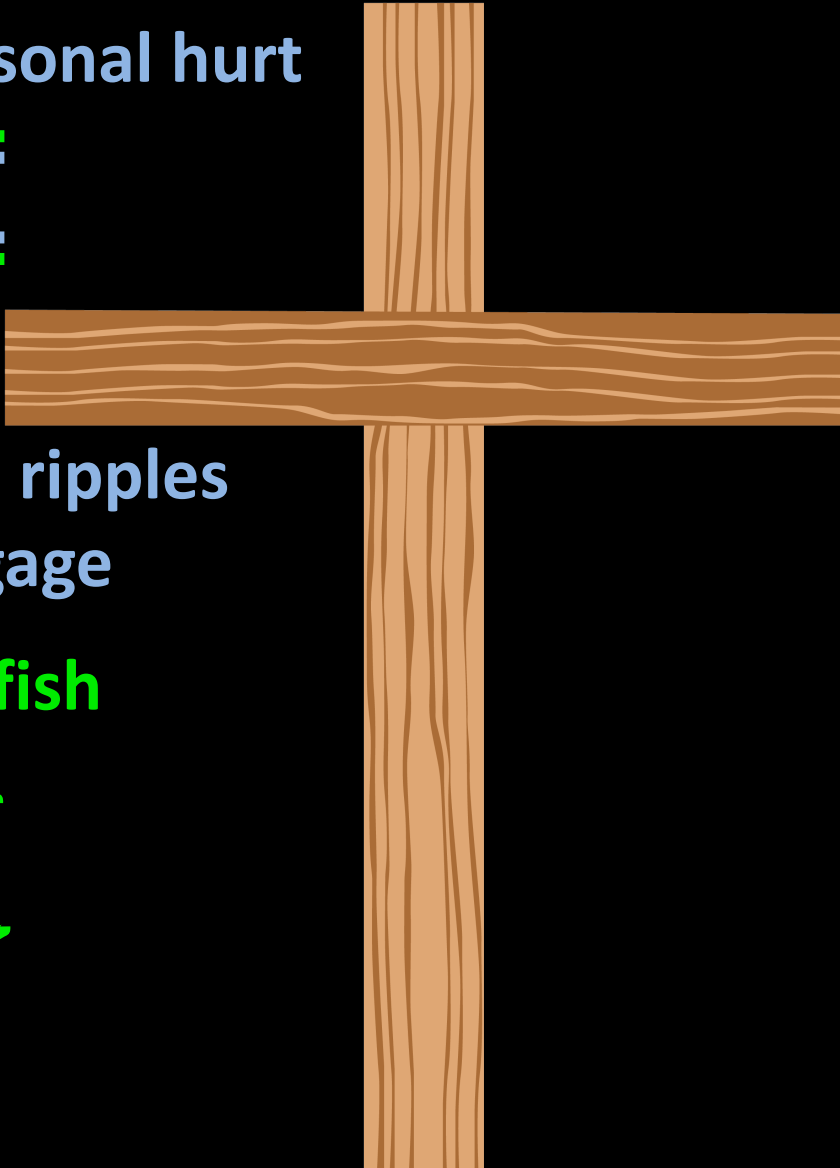
perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me



**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me

perpetrator

**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me

perpetrator, victim

**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me

perpetrator, victim
bad ripples

**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me

perpetrator, victim
bad ripples, powerless

**Eternal
Life**

perfect, no personal hurt

Jesus

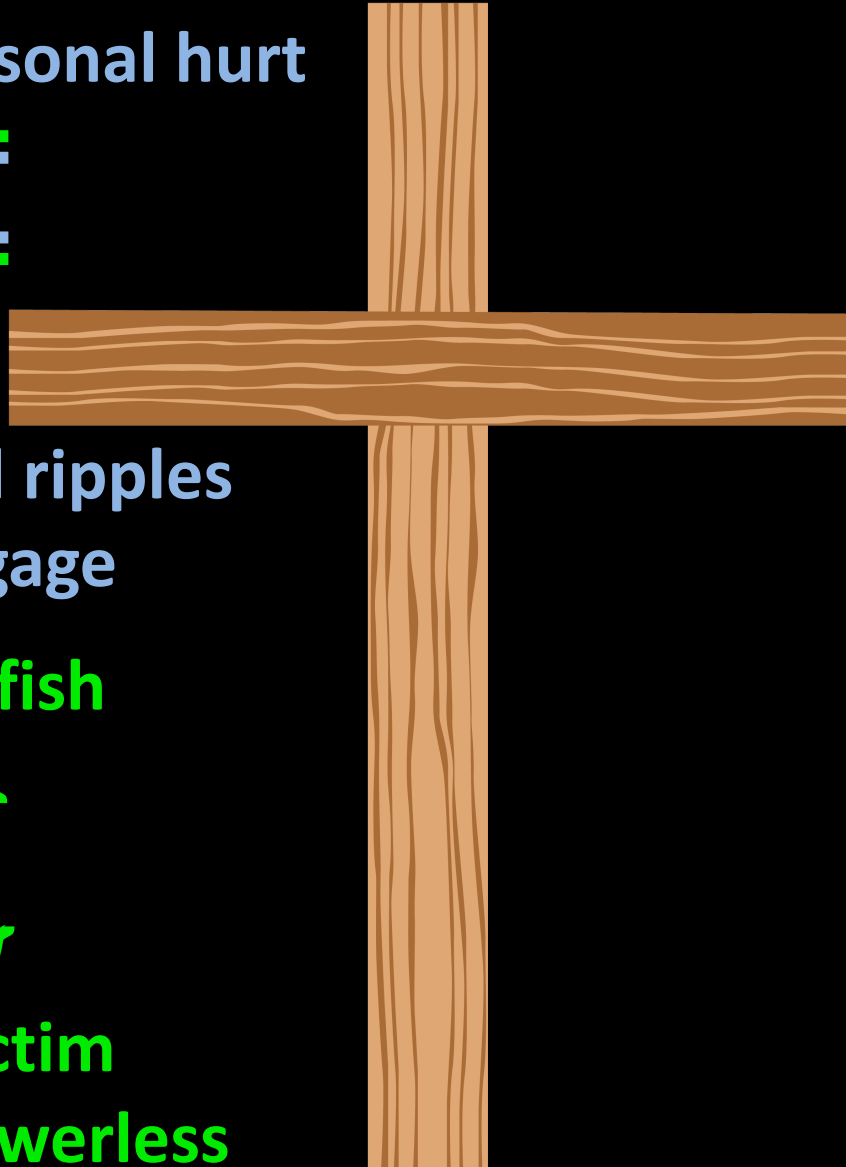
loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me

perpetrator, victim
bad ripples, powerless
baggage

101



**Eternal
Life**

perfect, no personal hurt

Jesus

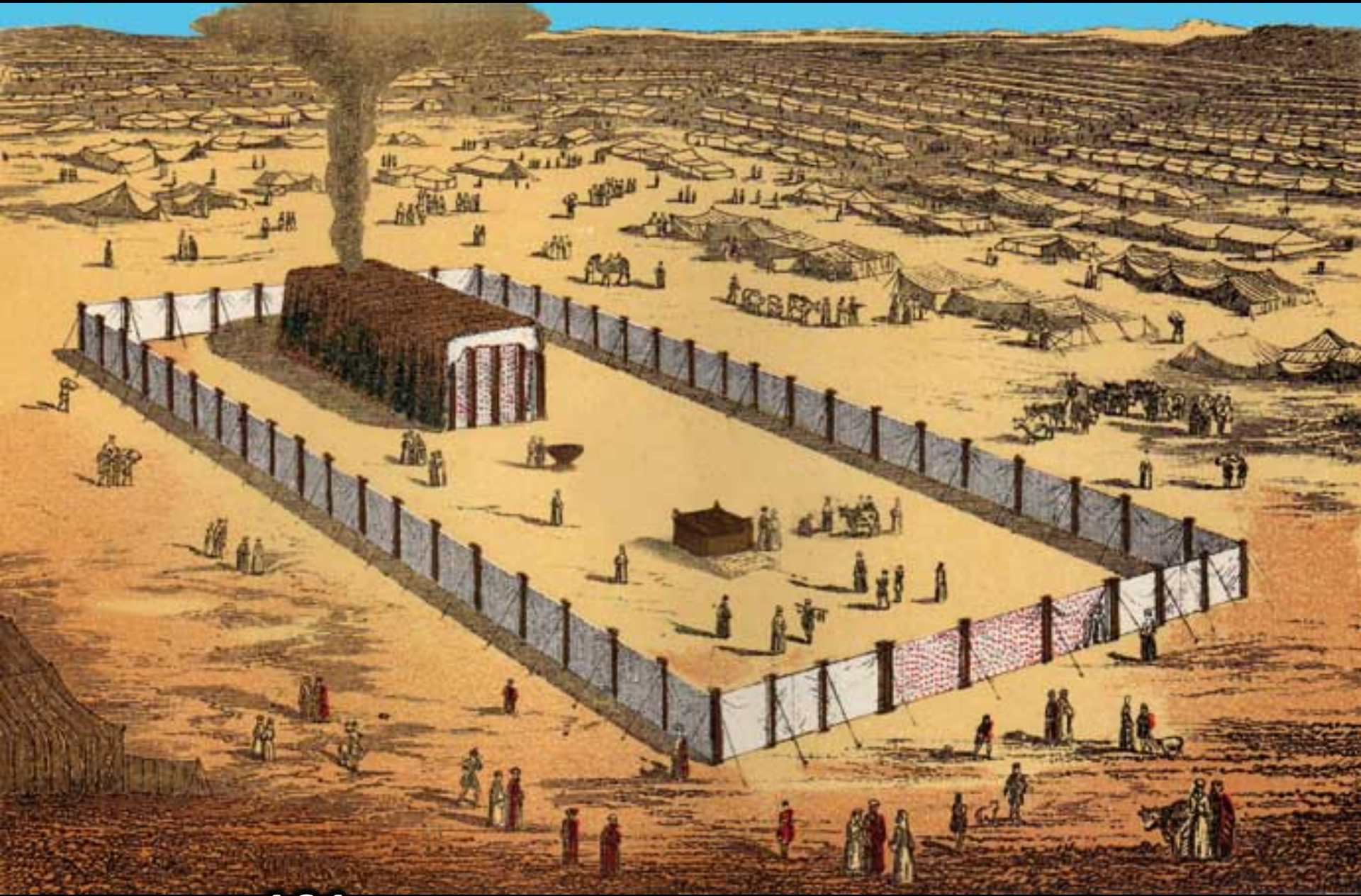
loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

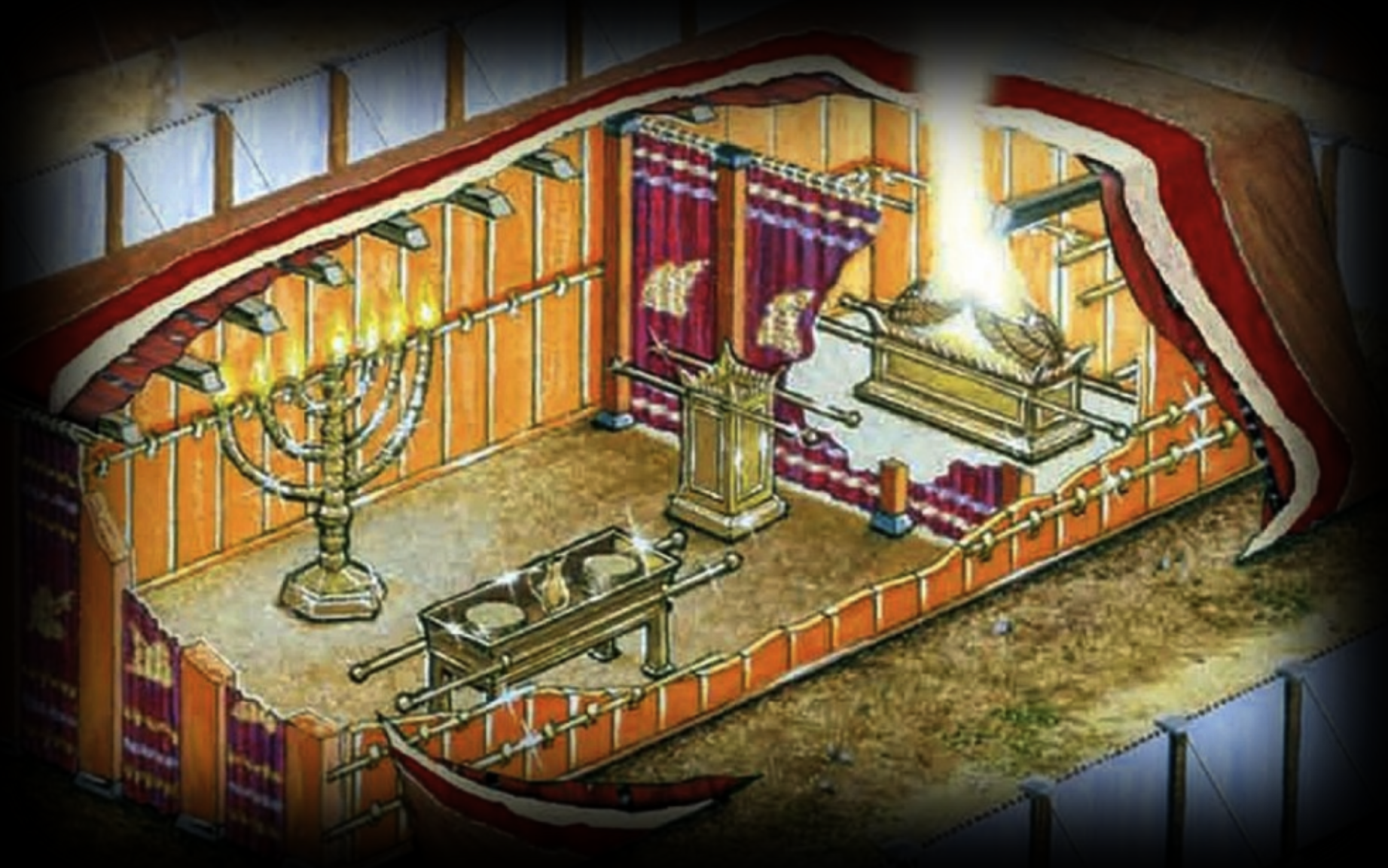
Me

**Eternal
Death**

perpetrator, victim
bad ripples, powerless
baggage







**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me

**Eternal
Death**

perpetrator, victim
bad ripples, powerless
baggage

103

Jesus

**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me

**Eternal
Death**

perpetrator, victim
bad ripples, powerless
baggage

Jesus



**Eternal
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perfect, no personal hurt

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sinful, hurt, selfish

Me

perpetrator, victim
bad ripples, powerless
baggage

**Eternal
Death**

sinful

Jesus

**Eternal
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perfect, no personal hurt

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loving, perfect
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sinful, hurt, selfish

Me

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**Eternal
Death**

sinful, hurt

Jesus

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perpetrator, victim
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**Eternal
Death**

sinful, hurt, selfish

Jesus

Perpetrator

**Eternal
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perfect, no personal hurt

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Me

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**Eternal
Death**

sinful, hurt, selfish

Jesus

Perpetrator

victim

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Jesus

Perpetrator
victim, bad ripples

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powerless, baggage

perfect

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**Eternal
Death**

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Death**

sinful, hurt, selfish

Jesus

Perpetrator
victim, bad ripples
powerless, baggage

perfect, no personal hurt

Me

loving

**Eternal
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Jesus

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sinful, hurt, selfish

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perpetrator, victim
bad ripples, powerless
baggage

**Eternal
Death**

sinful, hurt, selfish

Jesus

Perpetrator
victim, bad ripples
powerless, baggage

perfect, no personal hurt

Me

loving, perfect response

**Eternal
Death**

**Eternal
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perfect, no personal hurt

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sinful, hurt, selfish

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good ripples

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loving, perfect response
good ripples, power

**Eternal
Death**

**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me

perpetrator, victim
bad ripples, powerless
baggage

104

**Eternal
Death**

sinful, hurt, selfish

Jesus

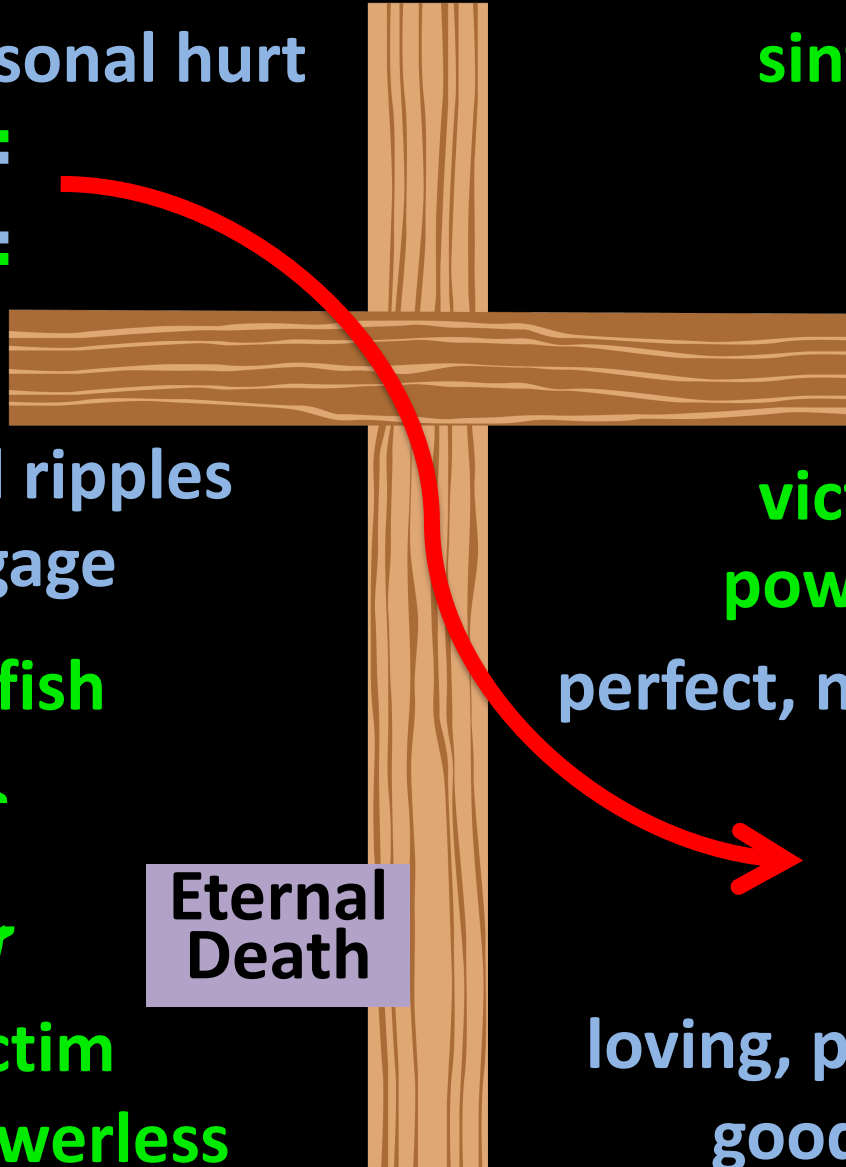
Perpetrator
victim, bad ripples
powerless, baggage

perfect, no personal hurt

Me

loving, perfect response
good ripples, power
no baggage

**Eternal
Death**



**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me

perpetrator, victim
bad ripples, powerless
baggage

104

**Eternal
Death**

sinful, hurt, selfish

Jesus

Perpetrator
victim, bad ripples
powerless, baggage

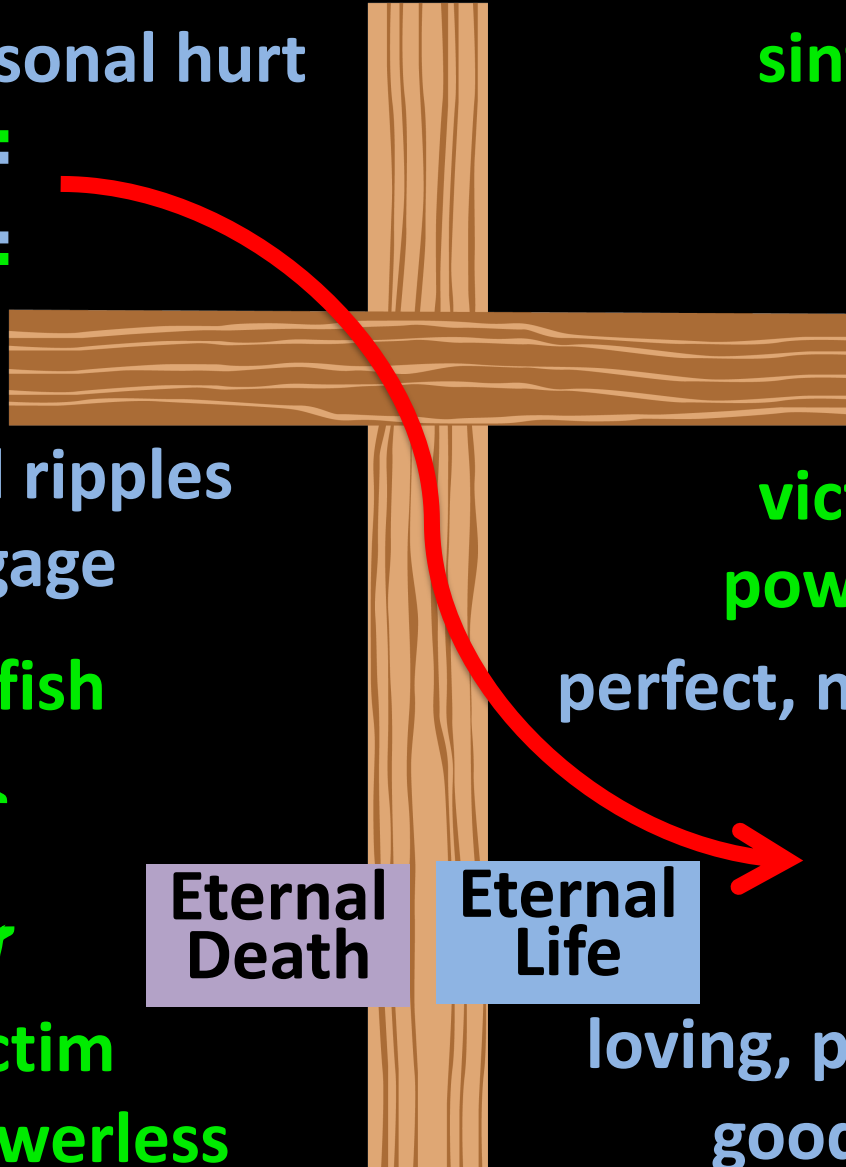
perfect, no personal hurt

Me

loving, perfect response
good ripples, power
no baggage

**Eternal
Death**

**Eternal
Life**



“Assuredly, I say to you, inasmuch as you did it
to one of the least of these My brethren, you did
it to Me.”

Matthew 25:40

**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

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bad ripples, powerless
baggage

**Eternal
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**Eternal
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**Eternal
Life**

**Eternal
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sinful, hurt, selfish

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baggage

Grace

**Eternal
Death**

sinful, hurt, selfish

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**Eternal
Death**

**Eternal
Life**

**Eternal
Life**

perfect, no personal hurt

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baggage

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sinful, hurt, selfish

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powerless, baggage

perfect, no personal hurt

Me

loving, perfect response
good ripples, power
no baggage

**Eternal
Death**

**Eternal
Life**

Faith

**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me

perpetrator, victim
bad ripples, powerless
baggage

Grace

**Eternal
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baggage

Grace

**Eternal
Death**

sinful, hurt, selfish

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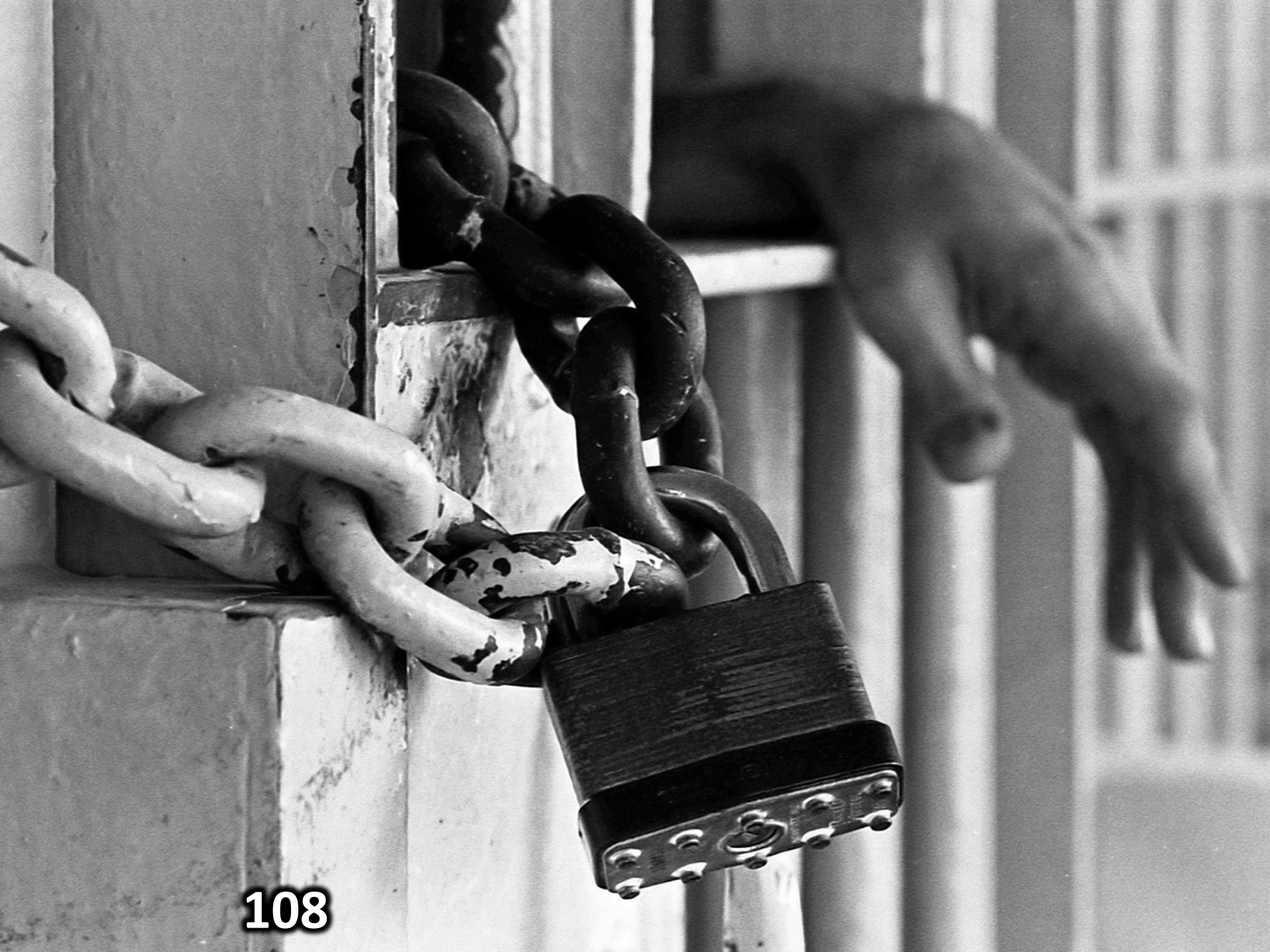
Me

loving, perfect response
good ripples, power
no baggage

**Eternal
Death**

**Eternal
Life**

Faith



Eternal
Death

sinful, hurt, selfish



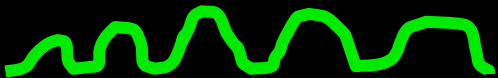
Jesus



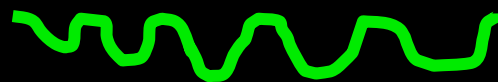
Perpetrator

victim, bad ripples
powerless, baggage

sinful, hurt, selfish



Me



perpetrator, victim
bad ripples, powerless
baggage

Eternal
Death

**Eternal
Life**

perfect, no personal hurt

Jesus

loving, perfect
response, good ripples
power, no baggage

sinful, hurt, selfish

Me

perpetrator, victim
bad ripples, powerless
baggage

110

Grace

**Eternal
Death**

sinful, hurt, selfish

Jesus

Perpetrator
victim, bad ripples
powerless, baggage

perfect, no personal hurt

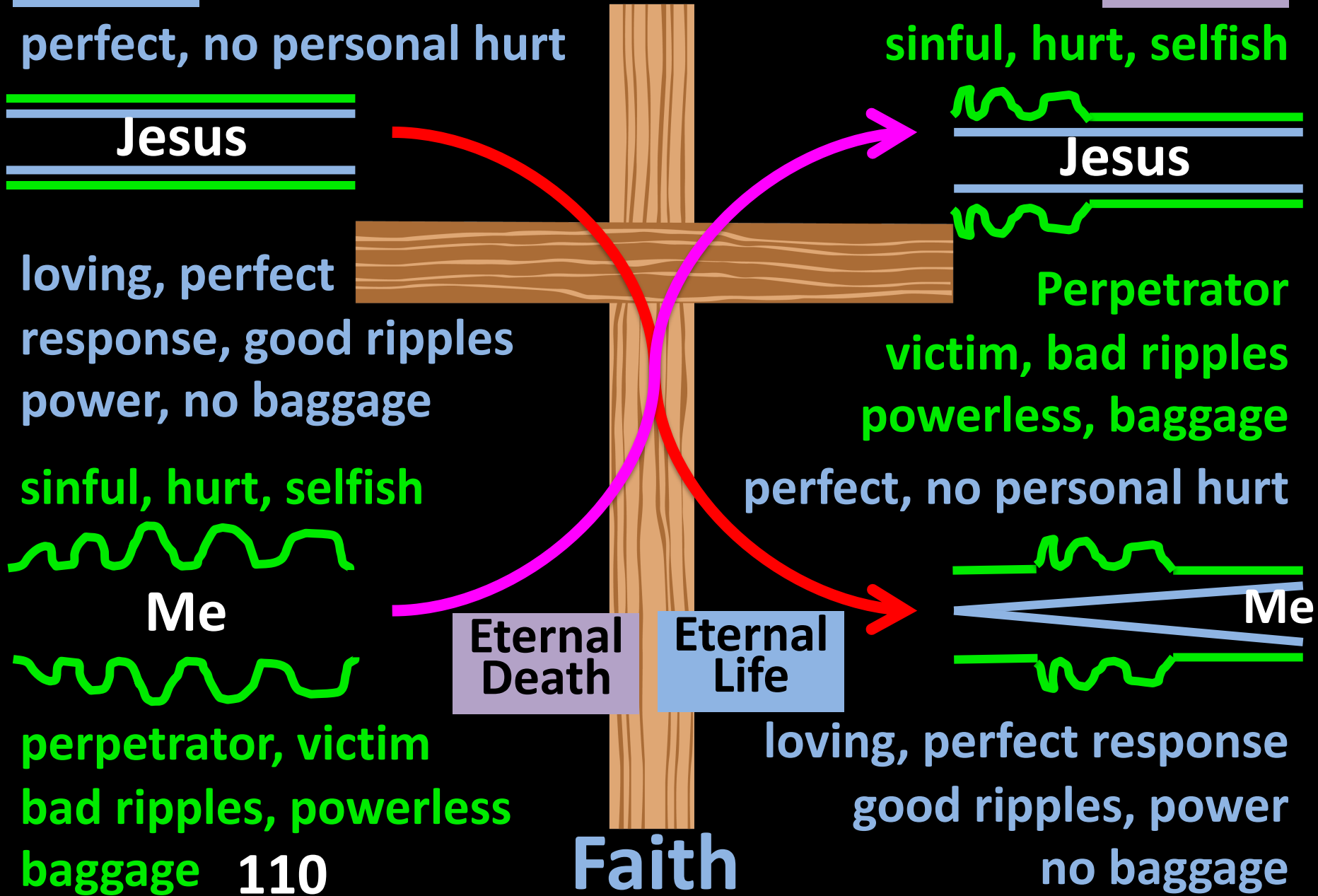
Me

loving, perfect response
good ripples, power
no baggage

**Eternal
Death**

**Eternal
Life**

Faith



Forgiven?

- How much of your sin did Jesus pay for?

Forgiven?

- How much of your sin did Jesus pay for?
 - All

Forgiven?

- How much of your sin did Jesus pay for?
 - All
- Everything that you ever did?

Forgiven?

- How much of your sin did Jesus pay for?
 - All
- Everything that you ever did?
 - Yes!

Forgiven?

- How much of your sin did Jesus pay for?
 - All
- Everything that you ever did?
 - Yes!
- Everything that you would ever do?

Forgiven?

- How much of your sin did Jesus pay for?
 - All
- Everything that you ever did?
 - Yes!
- Everything that you would ever do?
 - Yes!

Forgiven?

- Does God know the future?

Forgiven?

- Does God know the future?

“Your eyes saw my substance, being yet unformed. And in Your book they all were written, the days fashioned for me, when as yet there were none of them.”

Psalms 139:16

Forgiven?

- Does God know the future?

“Your eyes saw my substance, being yet unformed. And in Your book they all were written, the days fashioned for me, when as yet there were none of them.”

Psalms 139:16

- No blanket over my sins.

Forgiven?

- He accepted me as His child

Forgiven?

- He accepted me as His child
- Nothing will come up → Oops!

Forgiven?

- He accepted me as His child
- Nothing will come up → Oops!
- Jesus already paid the price!

Forgiven?

- Automatically forgiven?

Forgiven?

- Automatically forgiven?
- Grace – provides forgiveness

Forgiven?

- Automatically forgiven?
- Grace – provides forgiveness
- Faith – complies with the conditions and accepts the forgiveness

Forgiven?

- Automatically forgiven?
- Grace – provides forgiveness
- Faith – complies with the conditions and accepts the forgiveness
- Faith in Christ that His sacrifice is for me, and is sufficient for my sin

Forgiven?

- Automatically forgiven?
- Grace – provides forgiveness
- Faith – complies with the conditions and accepts the forgiveness
- Faith in Christ that His sacrifice is for me, and is sufficient for my sin
- I am justified

Steps of Forgiveness

1. Plan of Salvation

“But God demonstrates His own love toward us,
in that while we were still sinners, Christ died for
us.”

- *Romans 5:8*

Steps of Forgiveness

1. Plan of Salvation
2. Working of the Holy Spirit

“for it is God who works in you both to will and
to do for His good pleasure.”

- *Philippians 2:13*

Steps of Forgiveness

1. Plan of Salvation
2. Working of the Holy Spirit
3. Conviction of Sin

“For I acknowledge my transgressions, and my
sin is always before me.”

- *Psalms 51:3*

Steps of Forgiveness

1. Plan of Salvation
2. Working of the Holy Spirit
3. Conviction of Sin
4. Cooperation of the will

“...choose for yourselves this day whom you will
serve...”

- Joshua 24:15

Steps of Forgiveness

1. Plan of Salvation
2. Working of the Holy Spirit
3. Conviction of Sin
4. Cooperation of the will
5. Choose to fulfill the conditions
 1. Confess

“If we confess our sins, He is faithful and just to
forgive us our sins and to cleanse us from all
unrighteousness.”

- *1 John 1:9*

Steps of Forgiveness

1. Plan of Salvation
2. Working of the Holy Spirit
3. Conviction of Sin
4. Cooperation of the will
5. Choose to fulfill the conditions
 1. Confess
 2. Repent

“He who covers his sins will not prosper, but
whoever confesses and forsakes them will have
mercy.”

- *Proverbs 28:13*

Steps of Forgiveness

1. Plan of Salvation
2. Working of the Holy Spirit
3. Conviction of Sin
4. Cooperation of the will
5. Choose to fulfill the conditions
 1. Confess
 2. Repent
 3. Restore

“If a person sins and commits a trespass against the Lord by lying to his neighbor about what was delivered to him for safekeeping, or about a pledge, or about a robbery, or if he has extorted from his neighbor, or if he has found what was lost and lies concerning it, and swears falsely—in any one of these things that a man may do in which he sins:

then it shall be, because he has sinned and is guilty,
that he shall restore what he has stolen, or the
thing which he has extorted, or what was delivered
to him for safekeeping, or the lost thing which he
found, or all that about which he has sworn falsely.
He shall restore its full value, add one-fifth more to
it, and give it to whomever it belongs, on the day of
his trespass offering.”

- *Leviticus 6:2-5*

Steps of Forgiveness

1. Plan of Salvation
2. Working of the Holy Spirit
3. Conviction of Sin
4. Cooperation of the will
5. Choose to fulfill the conditions
 1. Confess
 2. Repent
 3. Restore
6. Believe/accept the divine exchange (cross)

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”

- John 3:16

Results of Forgiveness

Results of Forgiveness

- I have no more guilt (even though I remember)

Results of Forgiveness

- I have no more guilt (even though I remember)
- I have no more bitterness (they didn't do it to me)

Results of Forgiveness

- I have no more guilt (even though I remember)
- I have no more bitterness (they didn't do it to me)
- I love them because God loves them, and I want them to go free just like He set me free.

Results of Forgiveness

- I have no more guilt (even though I remember)
- I have no more bitterness (they didn't do it to me)
- I love them because God loves them, and I want them to go free just like He set me free.
- I will cooperate with the Holy Spirit in assisting in their freedom.



Forgiven?

- Function of forgiveness → enter back into relationship

Forgiven?

- Function of forgiveness → enter back into relationship
- The cross reconciles relationship

Give or Take

Give or Take

- Give first?



Give or Take

- Give first?
- Take first?



Give or Take

- Give first?
- Take first?



- Can't give what you don't have

Give or Take

- Give first?
- Take first?



- Can't give what you don't have
- We must take first in order to have something to give



Give First or Take First?





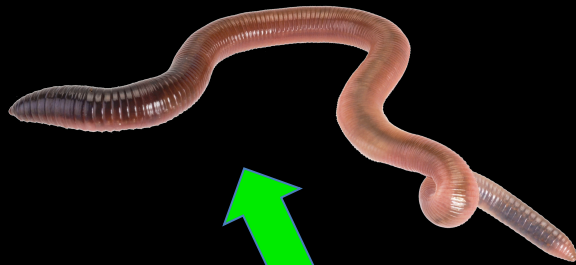


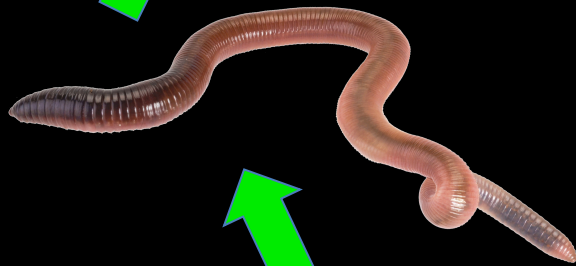
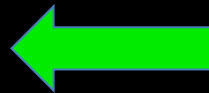








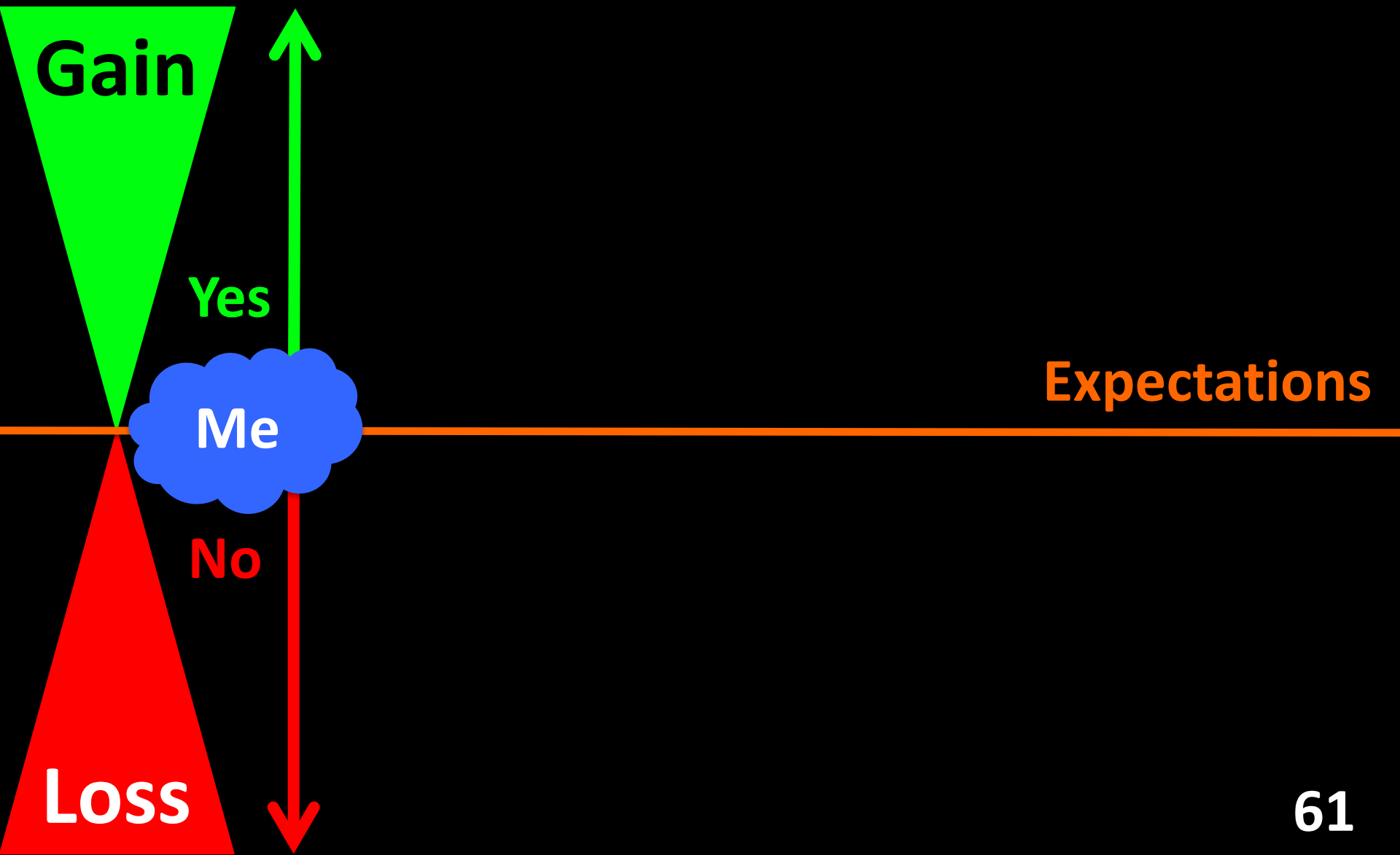




“Looking unto Jesus we see that it is the glory of our God to give. "I do nothing of Myself..." "I seek not Mine own glory," but the glory of Him that sent Me... In these words is set forth the great principle which is **the law of life** for the universe. All things Christ received from God, but **He took to give**. So in the heavenly courts, in His ministry for all created beings: through the beloved Son, the Father's life flows out to all; through the Son it returns, in praise and joyous service, a tide of love, to the great Source of all. And thus through Christ **the circuit of beneficence** is complete, representing the character of the great Giver, **the law of life.**”

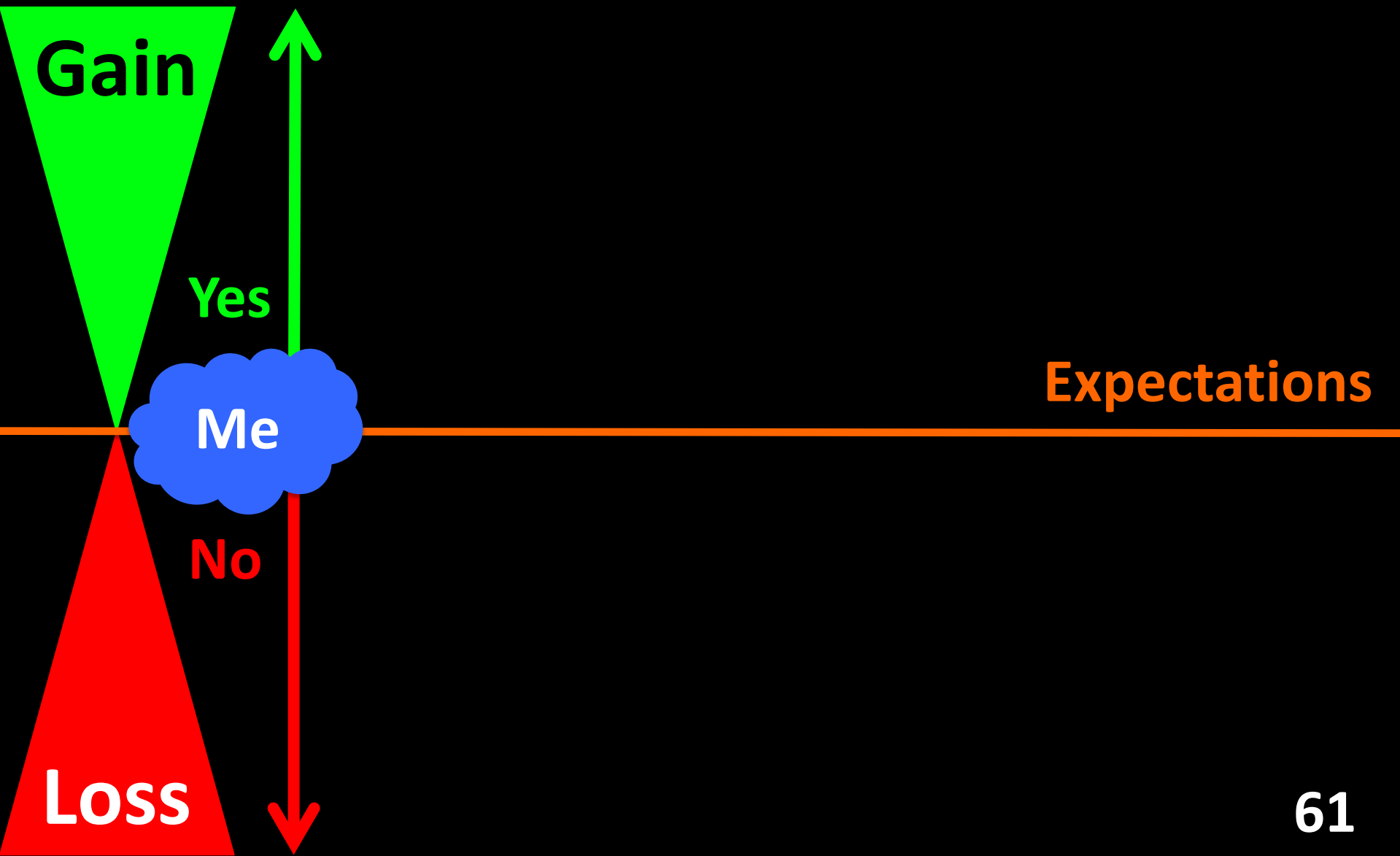
The Heart (Decisions)

Divine Love

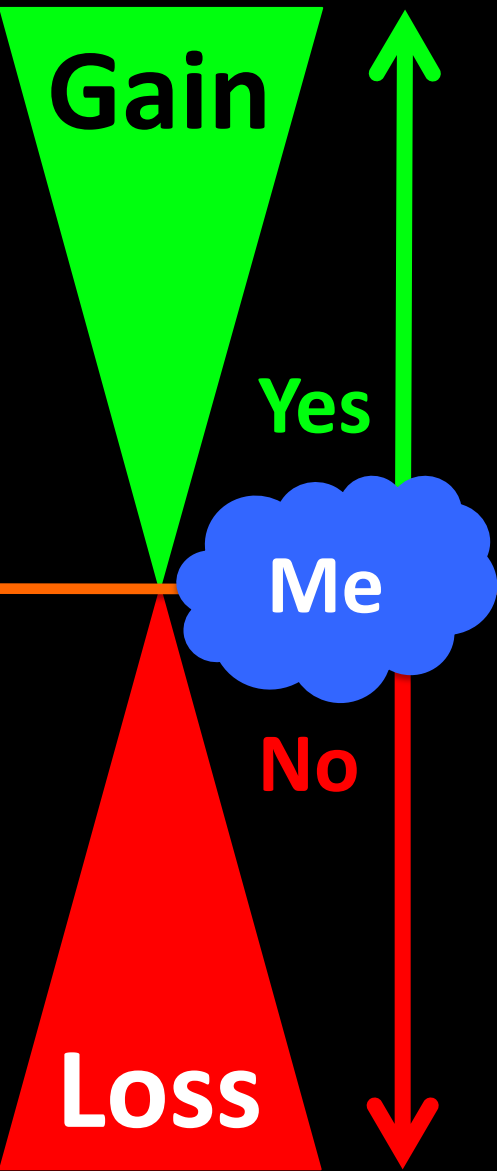


The Heart (Decisions)

Divine Love Take to Give



The Heart (Decisions)

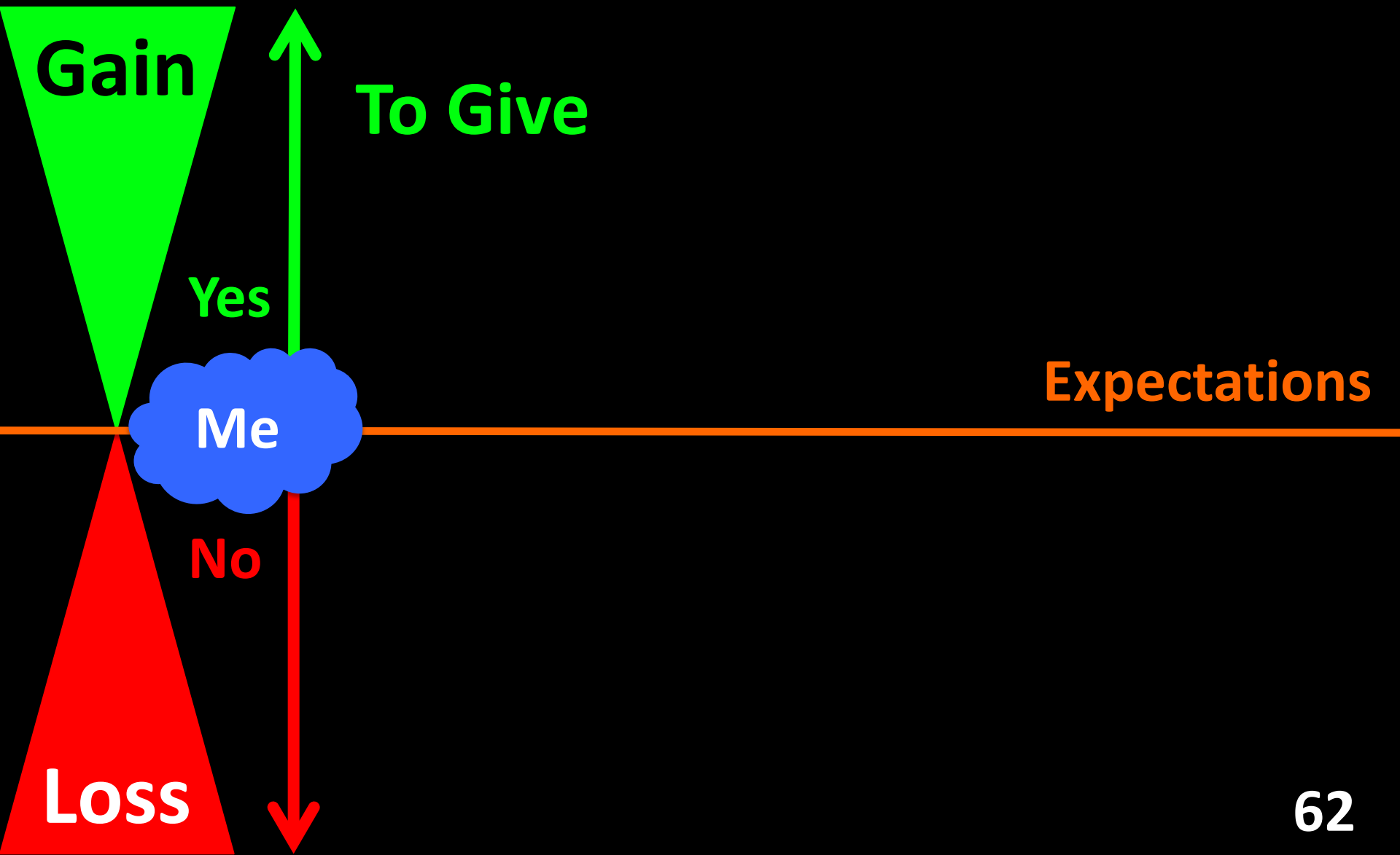


Divine Love
Take to Give ➡ Gift

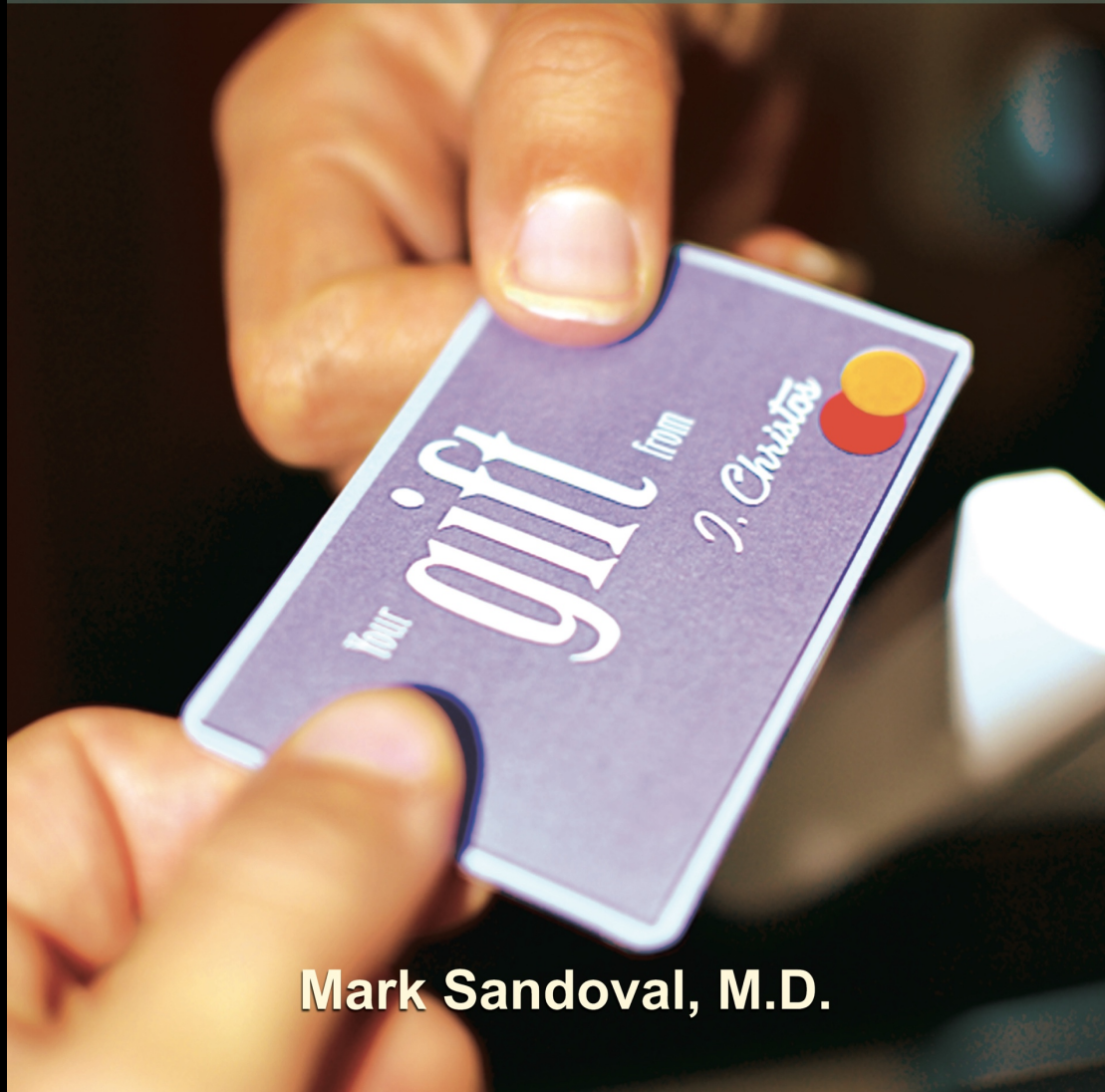
Expectations

The Heart (Decisions)

Divine Love
Take to Give ➡ Gift



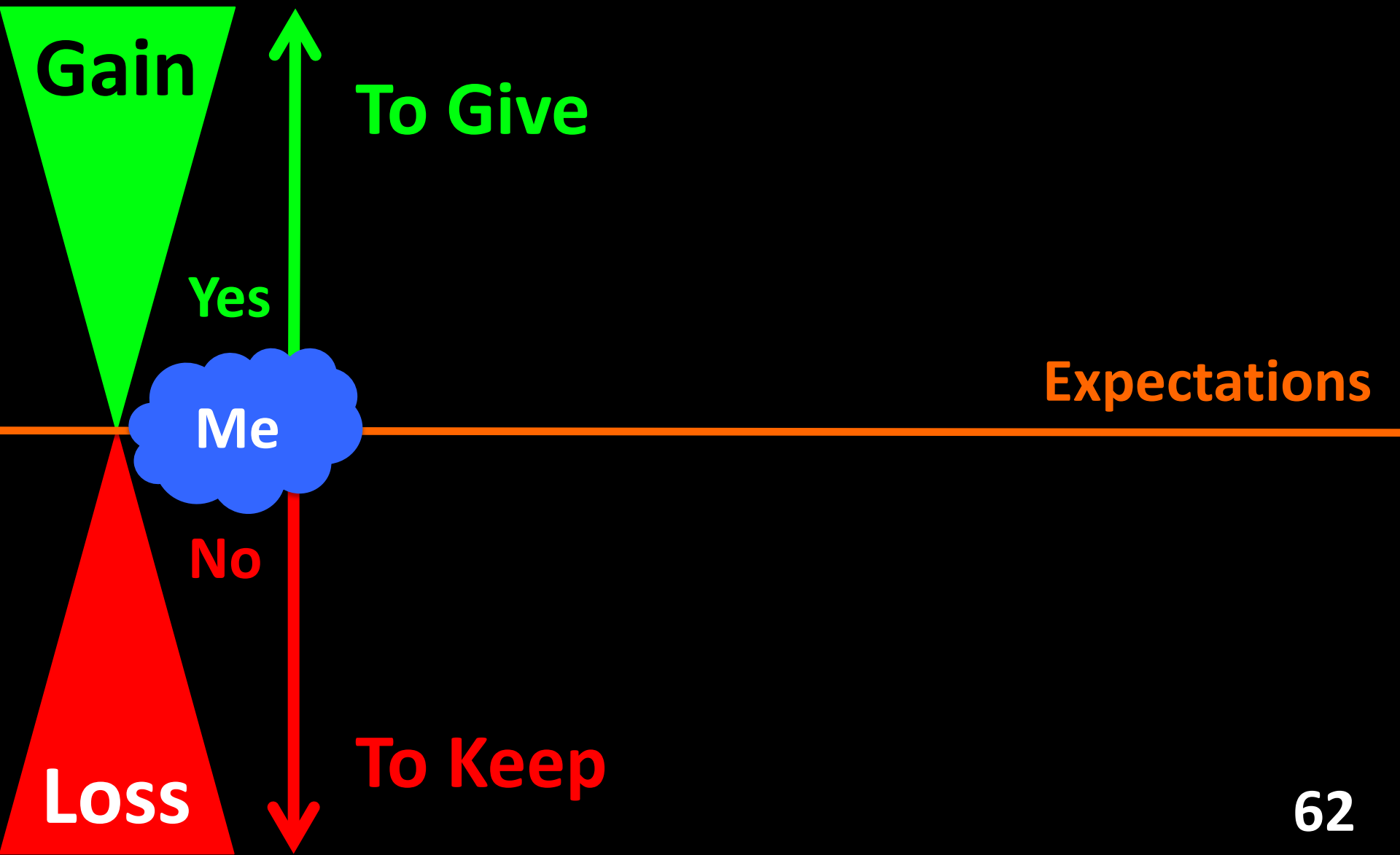
THE
GREAT OPPORTUNITY
DEPARTMENT STORE



Mark Sandoval, M.D.

The Heart (Decisions)

Divine Love
Take to Give ➡ Gift



“He who loves his life will lose it, and he who hates his life in this world will keep it for eternal life.”

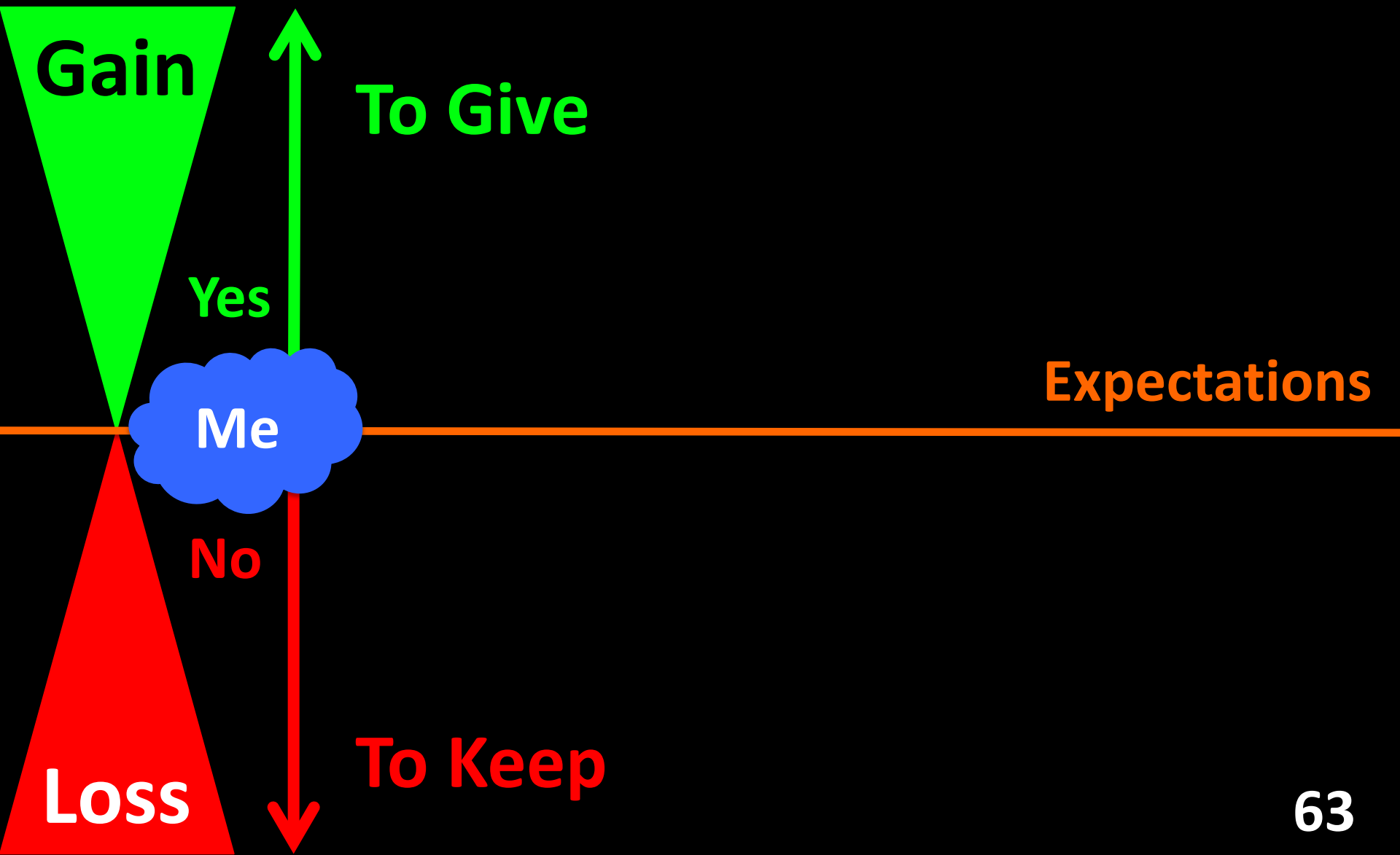
- John 12:25

“He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.”

- *Matthew 5:45*

The Heart (Decisions)

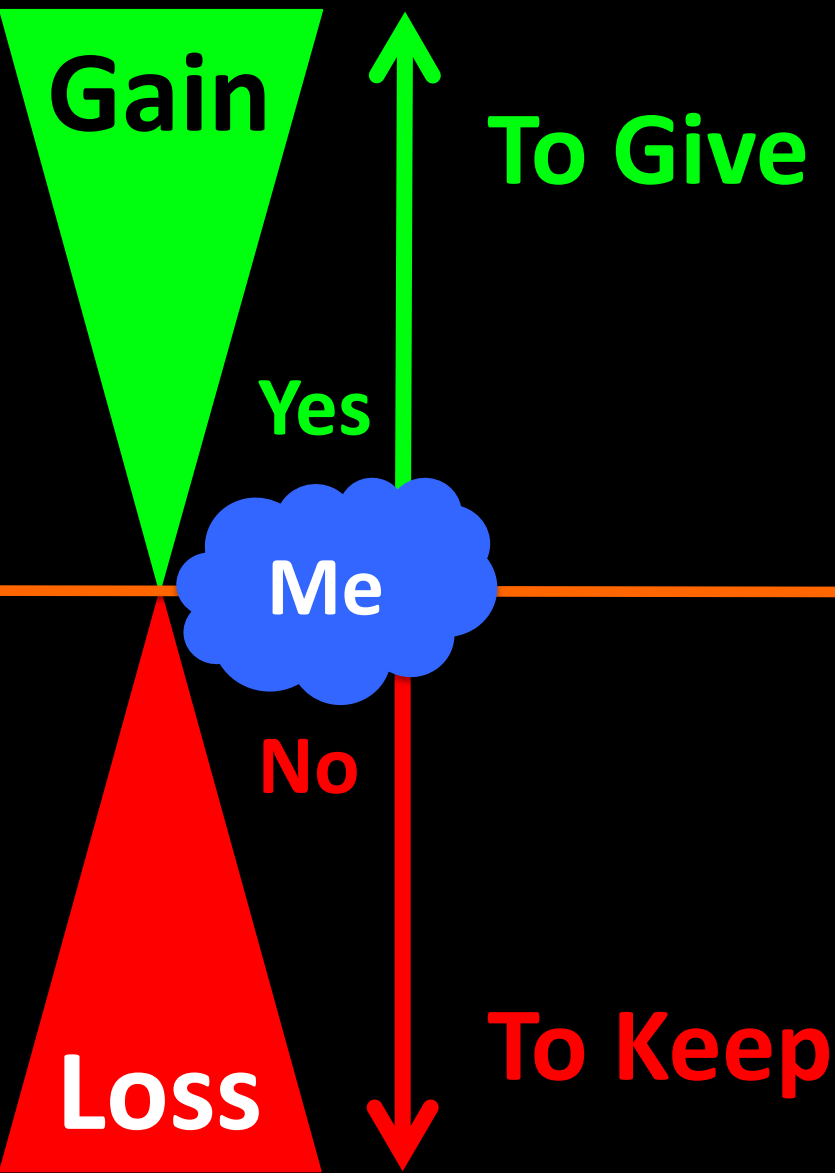
Divine Love
Take to Give ➡ Gift



“But if you do not forgive men their trespasses,
neither will your Father forgive your trespasses.”

- Matthew 6:15

The Heart (Decisions)

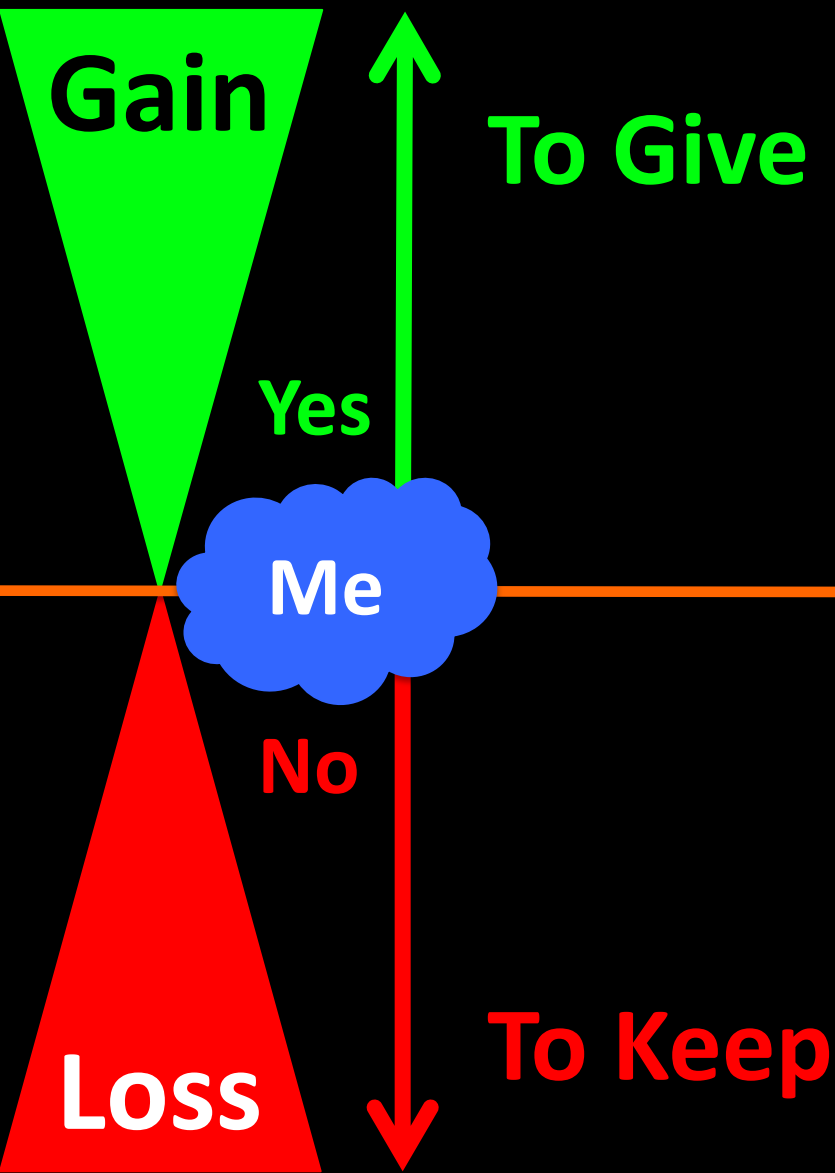


Divine Love
Take to Give ➡ Gift

It's Not Mine!

Expectations

The Heart (Decisions)

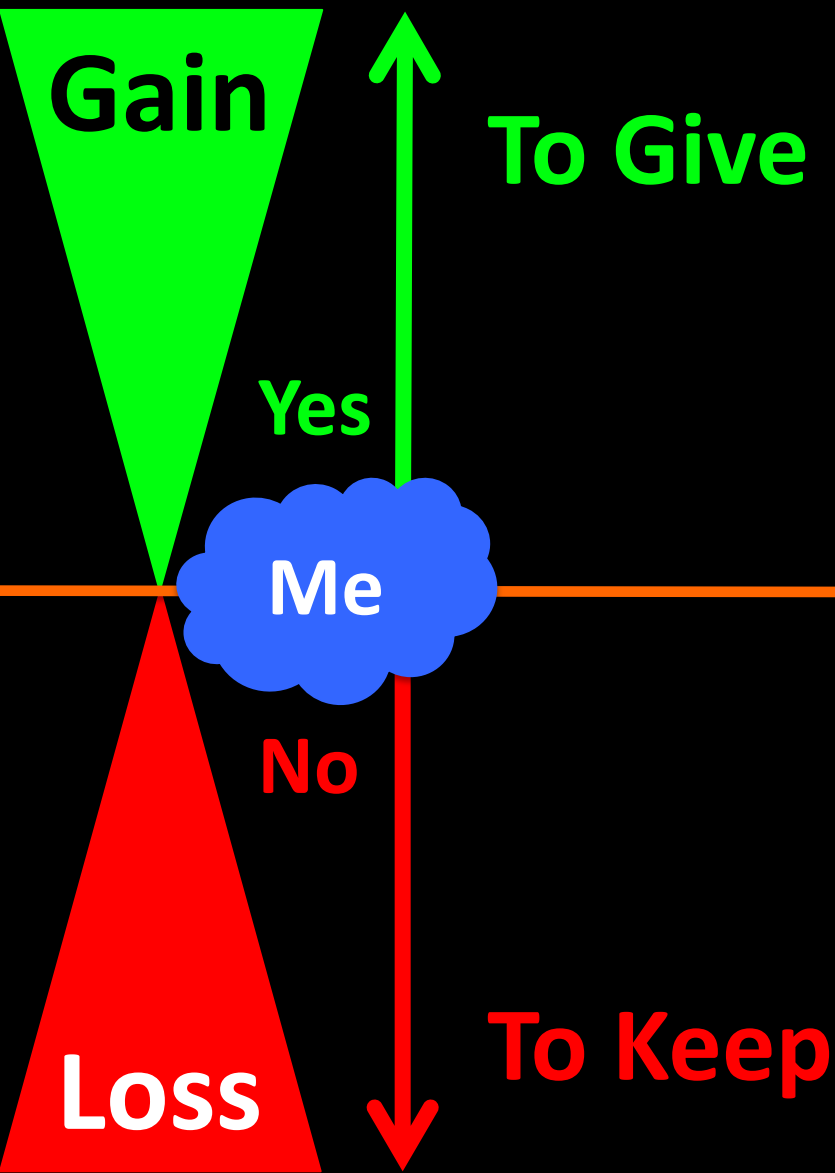


Divine Love
Take to Give ➡ Gift

It's Not Mine!
I Don't have (possess)

Expectations

The Heart (Decisions)



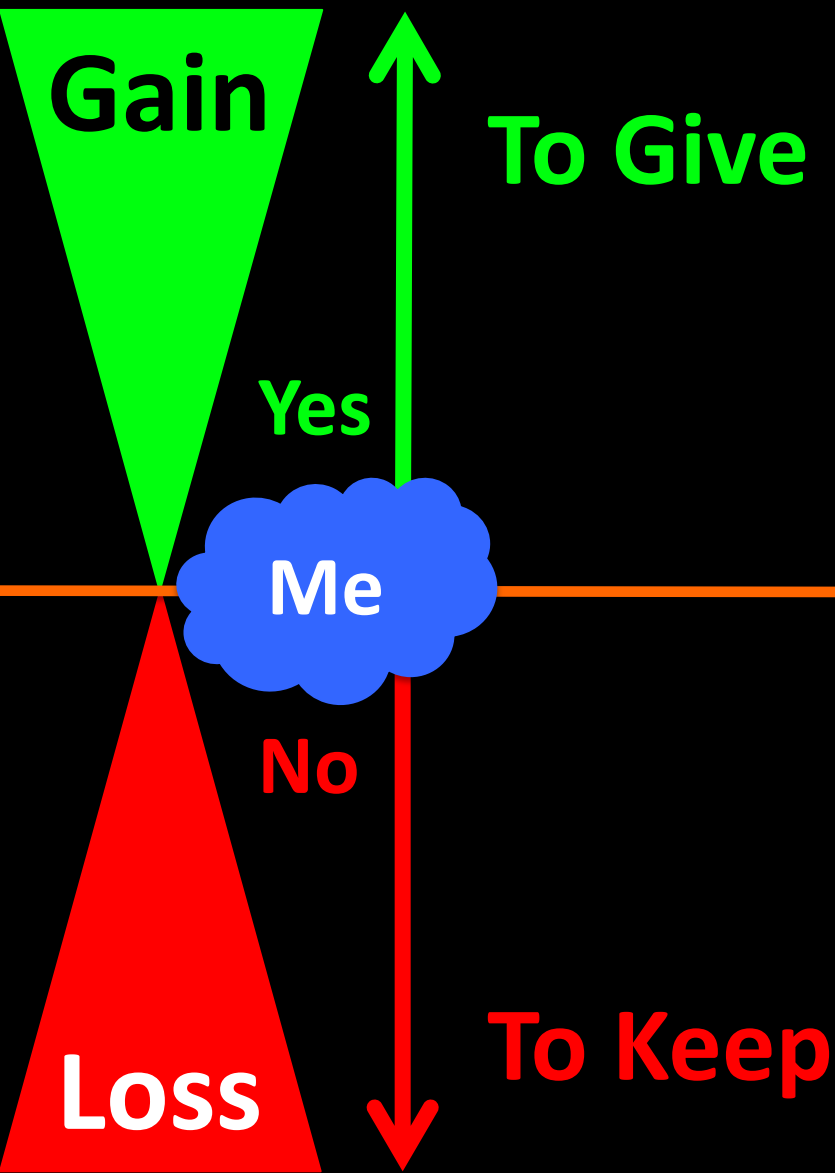
Divine Love
Take to Give ➡ Gift

It's Not Mine!

I Don't have (possess)
I can't (produce)

Expectations

The Heart (Decisions)



Divine Love

Take to Give ➡ Gift

It's Not Mine!

I Don't have (possess)

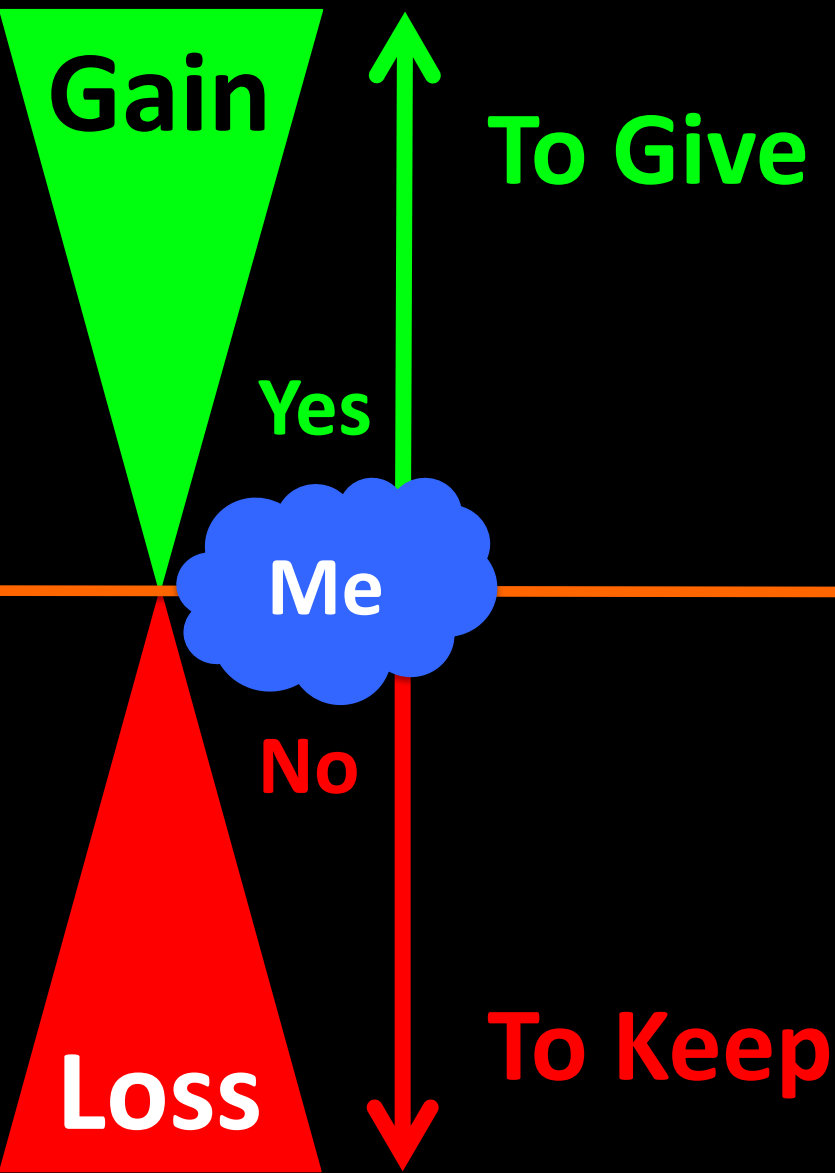
I can't (produce)

I am not (my own)

Expectations



The Heart (Decisions)



Divine Love

Take to Give ➡ Gift

It's Not Mine!

I Don't have (possess)

I can't (produce)

I am not (my own)

Expectations

Did Jesus Possess?

“Foxes have holes and birds of the air have nests, but the Son of Man has nowhere to lay His head.”

Matthew 8:20

Did Jesus Produce?

“I can of Myself do nothing.”

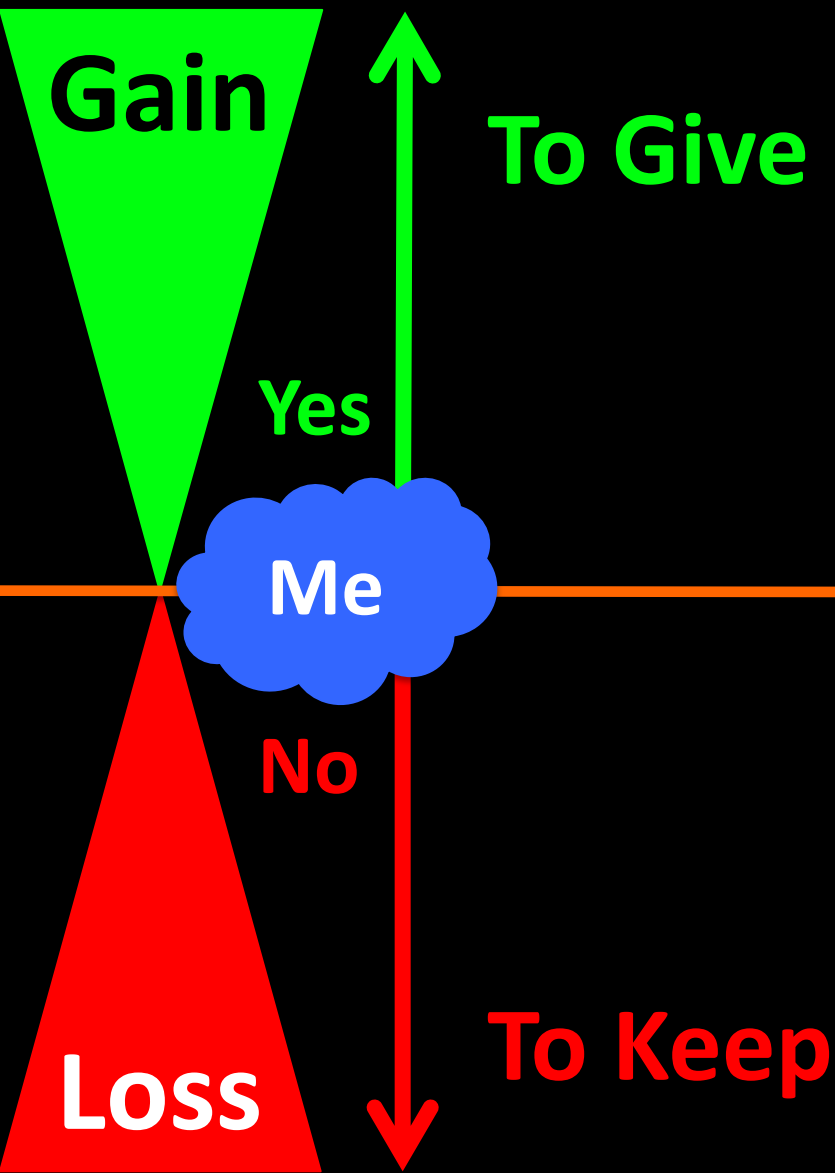
John 5:30

Did Jesus think that He was His own?

“Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the father do; for whatever He does, the Son does in like manner.”

- John 5:19

The Heart (Decisions)



Divine Love

Take to Give ➡ Gift

It's Not Mine!

I Don't have (possess)

I can't (produce)

I am not (my own)

Expectations

“Jesus did not contend for His rights. Often His work was made unnecessarily severe because He was willing and uncomplaining. Yet He did not fail nor become discouraged. He lived above these difficulties, as if in the light of God’s countenance. He did not retaliate when roughly used, but bore insult patiently.”

“In the heart of Christ, where reigned perfect harmony with God, there was perfect peace. He was never elated by applause, nor dejected by censure or disappointment. Amid the greatest opposition and the most cruel treatment, He was still of good courage.”

“The Saviour’s life on earth, though lived in the midst of conflict, was a life of peace. While angry enemies were constantly pursuing Him, He said, ‘He that sent Me is with Me: the Father hath not left Me alone; for I do always those things that please Him.’” John 8:29. No storm of human or satanic wrath could disturb the calm of that perfect communion with God.”

“He was now in the shadow of the cross, and the pain was torturing His heart. He knew that He would be deserted in the hour of His betrayal. He knew that by the most humiliating process to which criminals were subjected He would be put to death. He knew the ingratitude and cruelty of those He had come to save. He knew how great the sacrifice that He must make, and for how many it would be in vain. Knowing all that was before Him, He might naturally have been overwhelmed with the thought of His own humiliation and suffering.

But He looked upon the twelve, who had been with Him as His own, and who, after His shame and sorrow and painful usage were over, would be left to struggle in the world. His thoughts of what He Himself must suffer were ever connected with His disciples. He did not think of Himself. His care for them was uppermost in His mind.”

“Christ never murmured, never uttered discontent, displeasure, or resentment. He was never disheartened, discouraged, ruffled, or fretted. He was patient, calm, and self-possessed under the most exciting and trying circumstances. All His works were performed with a quiet dignity and ease, whatever commotion was around Him. Applause did not elate Him. He feared not the threats of His enemies. He moved amid the world of excitement, of violence and crime, as the sun moves above the clouds.

Human passions and commotions and trials were beneath Him. He sailed like the sun above them all. Yet He was not indifferent to the woes of men. His heart was ever touched with the sufferings and necessities of His brethren, as though He Himself was the one afflicted. He had a calm inward joy, a peace which was serene. His will was ever swallowed up in the will of His Father. Not My will but Thine be done, was heard from His pale and quivering lips.”

“One of his officers, filled with wrath as he saw Annas silenced, struck Jesus on the face, saying, ‘Answerest Thou the high priest so?’

Christ calmly replied, ‘If I have spoken evil, bear witness of the evil: but if well, why smitest thou Me?’ He spoke no burning words of retaliation. His calm answer came from a heart sinless, patient, and gentle, that would not be provoked.”

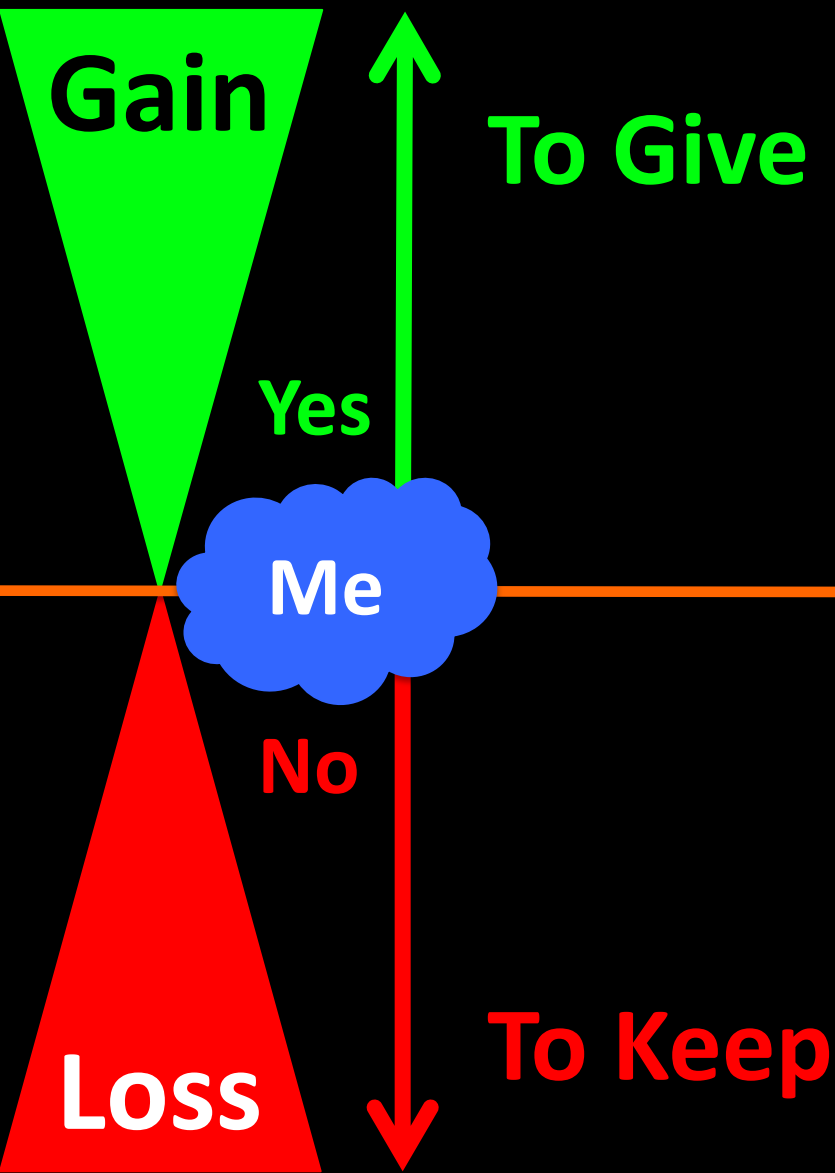
“While the degrading oaths were fresh upon Peter’s lips, and the shrill crowing of the cock was still ringing in his ears, the Saviour turned from the frowning judges, and looked full upon His poor disciple. At the same time Peter’s eyes were drawn to his Master. In that gentle countenance he read deep pity and sorrow, but there was no anger there. The sight of that pale, suffering face, those quivering lips, that look of compassion and forgiveness, pierced his heart like an arrow.”

“While the soldiers were doing their fearful work, Jesus prayed for His enemies, “Father, forgive them; for they know not what they do.” His mind passed from His own suffering to the sin of His persecutors, and the terrible retribution that would be theirs. No curses were called down upon the soldiers who were handling Him so roughly. No vengeance was invoked upon the priests and rulers, who were gloating over the accomplishment of their purpose. Christ pitied them in their ignorance and guilt. He breathed only a plea for their forgiveness,--‘for they know not what they do.’”

“With amazement the angels beheld the infinite love of Jesus, who, suffering the most intense agony of mind and body, thought only of others, and encouraged the penitent soul to believe.”

“Though calumny and persecution were heaped upon Him from the cradle to the grave, they called forth from Him only the expression of forgiving love.”

The Heart (Decisions)



Divine Love

Take to Give ➡ Gift

└➡ I am a creature

It's Not Mine!

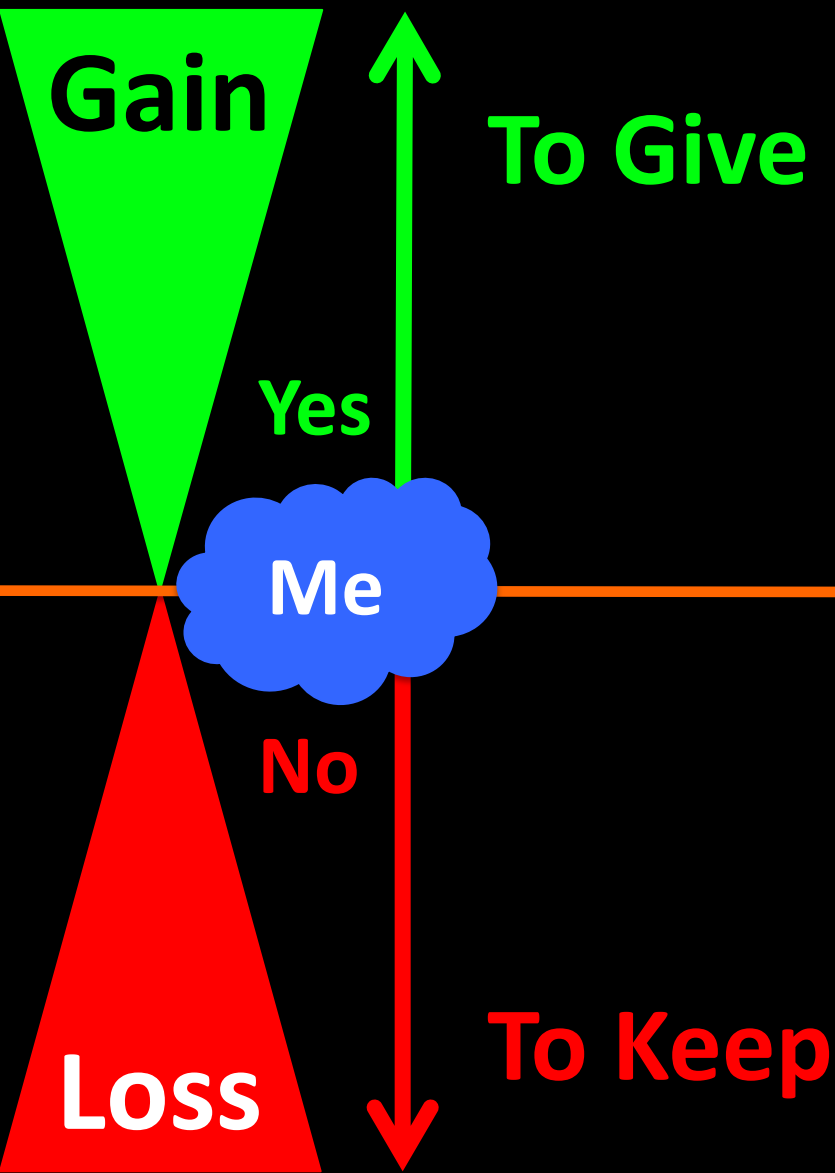
I Don't have (possess)

I can't (produce)

I am not (my own)

Expectations

The Heart (Decisions)



Divine Love

Take to Give ➡ Gift

└➡ I am a creature

It's Not Mine!

I Don't have (possess)

I can't (produce)

I am not (my own)

Expectations

**I am
FREE!**

Human Love

The Heart

Divine Love

Give to Receive → Investment (Decisions)

Take to Give → Gift

└→ I am God

└→ I am a creature

It's Mine!

It's Not Mine!

I have (possess) - Selfishness

I Don't have (possess)

I can (produce) - Pride

I can't (produce)

I am (my own) - Pride

I am not (my own)

Expectations

To Receive (Enough)

Expectations

Slave to
Others

To Receive (Less)

To Not Receive

To Lose Treasure

Loss

I am
FREE!

Me

No

Gain

Yes

To Give

To Keep

Losing Loved Ones

Birth

Birth = 0

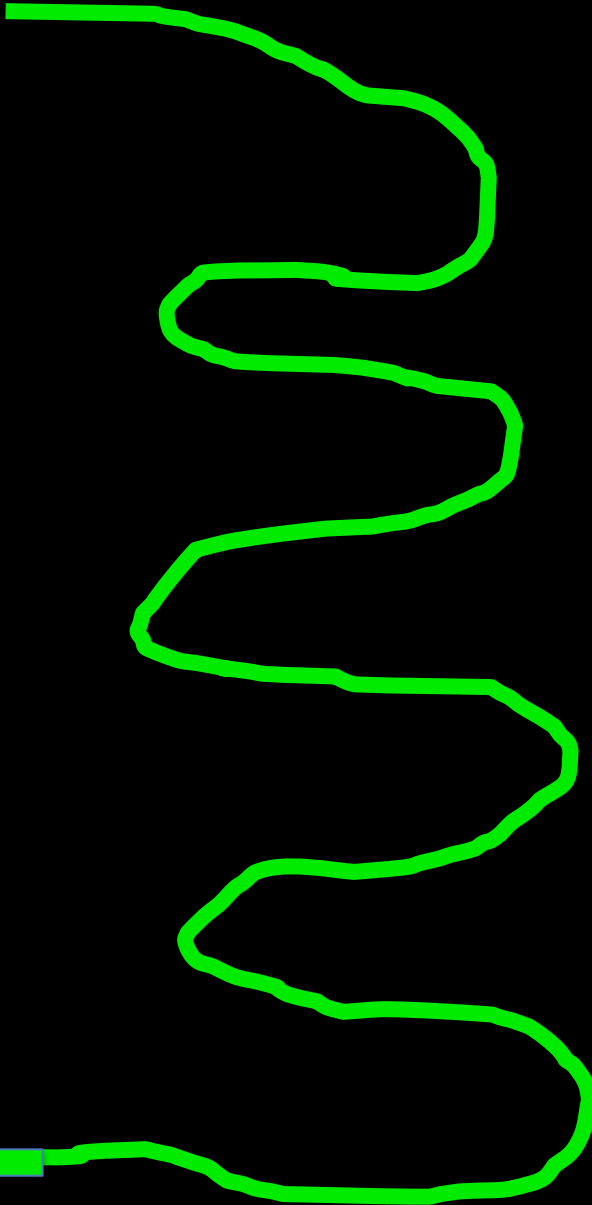
Birth = 0

Death
120

Birth = 0

Death = 0
120

Birth = 0



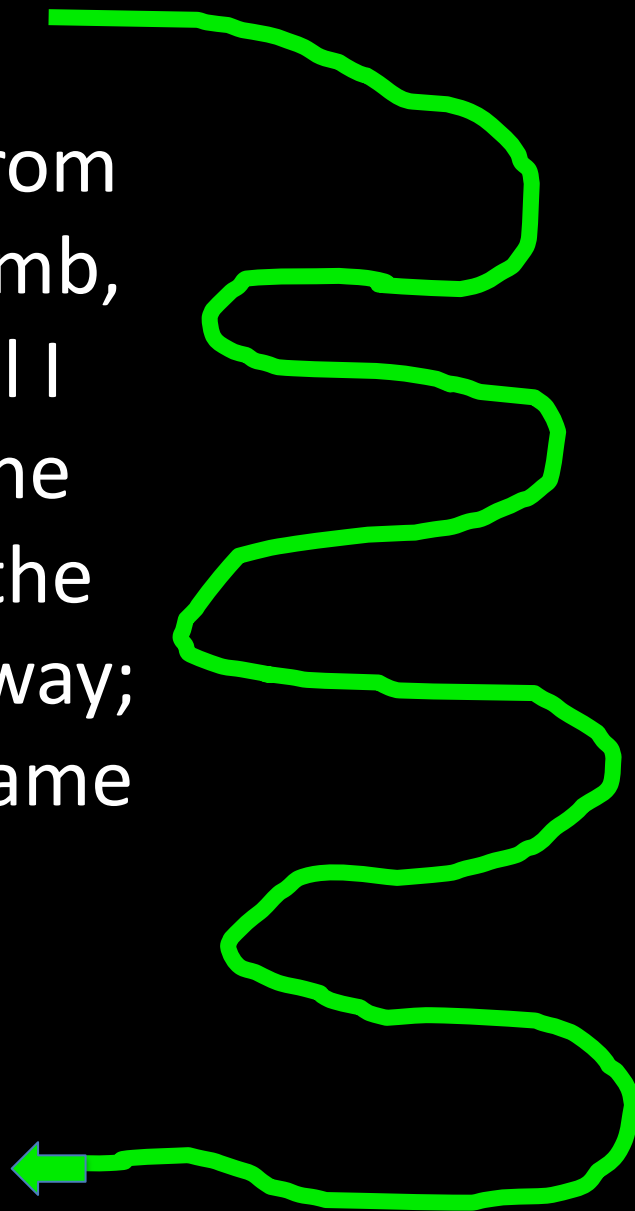
Death = 0
120

Birth = 0

“Naked I came from
my mother’s womb,
and naked shall I
return there. The
Lord gave, and the
Lord has taken away;
blessed be the name
of the Lord.”

Job 1:21

Death = 0
120

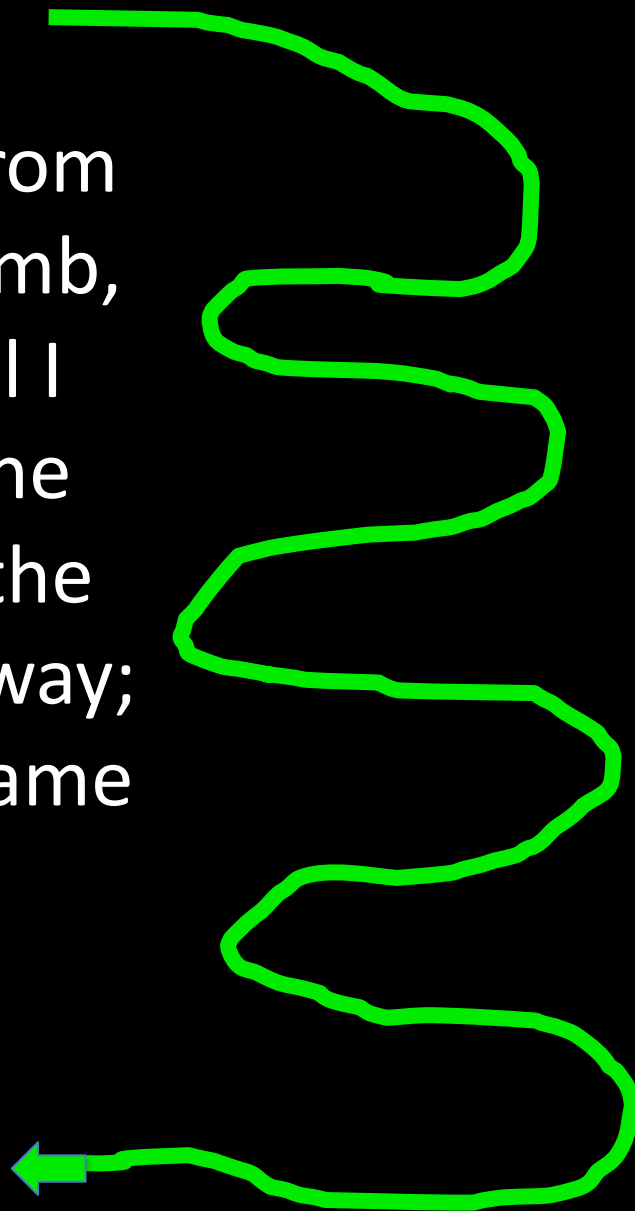


Birth = 0

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Job 1:21

Death = 0
120

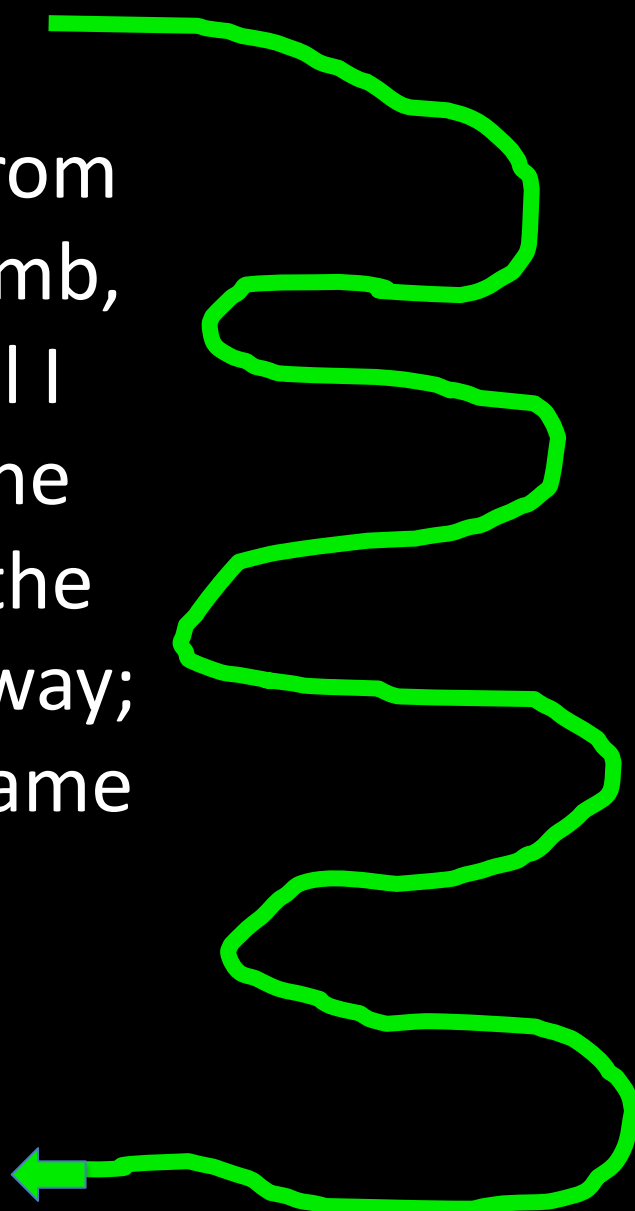


Birth = 0

“Naked I came from
my mother’s womb,
and naked shall I
return there. The
Lord gave, and the
Lord has taken away;
blessed be the name
of the Lord.”

Job 1:21

Death = 0
121



Now godliness with contentment is great gain.
For we brought nothing into this world, and it is
certain we can carry nothing out. And having
food and clothing, with these we shall be
content.

- *1 Timothy 6:6-8*

Birth = 0

“Naked I came from
my mother’s womb,
and naked shall I
return there. The
Lord gave, and the
Lord has taken away;
blessed be the name
of the Lord.”

Job 1:21

Death = 0

122

“And we know
that all things
work together
for good to
those who
love God, to
those who are
the called
according to
His purpose.”

Romans 8:28

“The Father’s presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He who is imbued with the Spirit of Christ abides in Christ. The blow that is aimed at him falls upon the Saviour, who surrounds him with His presence. Whatever comes to him comes from Christ. He has no need to resist evil, for Christ is his defense. Nothing can touch him except by our Lord’s permission, and ‘all things’ that are permitted ‘work together for good to them that love God.’

Romans 8:28.”

The Talent of Suffering

The Talent of Suffering

- Talent = natural ability, endowment, aptitude

The Talent of Suffering

- Talent = natural ability, endowment, aptitude
- Suffering can be a talent

The Talent of Suffering

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- If it is buried, God cannot be glorified

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- If it is buried, God cannot be glorified
- If it is used, God is glorified

The Talent of Suffering

- Talent = natural ability, endowment, aptitude
- Suffering can be a talent
- If it is buried, God cannot be glorified
- If it is used, God is glorified
- Are you using your talent of suffering?

The Talent of Suffering

“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”

- *1 Peter 5:8*

The Talent of Suffering

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”

- John 10:10

The Talent of Suffering

The Talent of Suffering

- Mother who also lost new-born child

The Talent of Suffering

- Mother who also lost new-born child
- Someone who also lost their leg

The Talent of Suffering

- Mother who also lost new-born child
- Someone who also lost their leg
- Someone with the same challenging disease

The Talent of Suffering

The Talent of Suffering

- God has children in all experiences of suffering

The Talent of Suffering

“In God’s great plan for the redemption of a lost race, He has placed Himself under the necessity of using human agencies as His helping hand. He must have a helping hand, in order to reach humanity. He must have the cooperation of those who will be active, quick to see opportunities, quick to discern what must be done for their fellow men.”

The Talent of Suffering

- God has children in all experiences of suffering
- He needs other “trained” children who can reach others with the same experiences

The Talent of Suffering

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- “I know what you are going through. I’ve been there too, and God got me through. Let me tell you how I made it through.”

The Talent of Suffering

- God has children in all experiences of suffering
- He needs other “trained” children who can reach others with the same experiences
- “I know what you are going through. I’ve been there too, and God got me through. Let me tell you how I made it through.”
- Don’t bury your talent!

The Talent of Suffering



The Talent of Suffering



“God never leads His children otherwise than they would choose to be led, if they could see the end from the beginning, and discern the glory of the purpose which they are fulfilling as co-workers with Him. Not Enoch, who was translated to heaven, not Elijah, who ascended in a chariot of fire, was greater or more honored than John the Baptist, who perished alone in the dungeon. "Unto you it is given in the behalf of Christ, not only to believe on Him, but also to suffer for His sake." Philippians 1:29. And of all the gifts that Heaven can bestow upon men, fellowship with Christ in His sufferings is the most weighty trust and the highest honor.”

The Necessity of Suffering

- Suffering is necessary in the formation of a Christ-like character



“We are forming characters for heaven. No character can be complete without trial and suffering. We must be tested, we must be tried. Christ bore the test of character in our behalf that we might bear this test in our own behalf through the divine strength He has brought to us.”



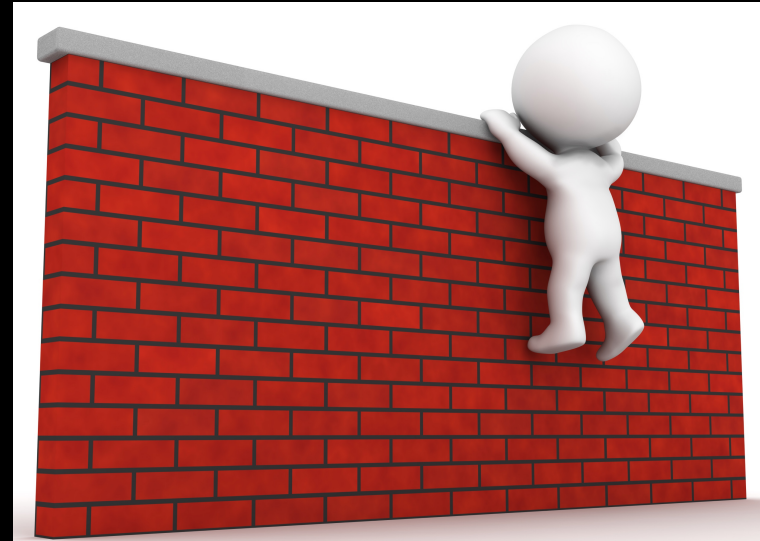
“Many who sincerely consecrate their lives to God’s service are surprised and disappointed to find themselves, as never before, confronted by obstacles and beset by trials and perplexities. They pray for Christlikeness of character, for a fitness for the Lord’s work,



and they are placed in circumstances that seem to call forth all the evil of their nature. Faults are revealed of which they did not even suspect the existence. Like Israel of old they question, 'If God is leading us, why do all these things come upon us?'



It is because God is leading them that these things come upon them. Trials and obstacles are the Lord's chosen methods of discipline and His appointed conditions of success. He who reads the hearts of men knows their characters better than they themselves know them. He sees that some have powers and susceptibilities which, rightly directed, might be used in the advancement of His work.



In His providence He brings these persons into different positions and varied circumstances that they may discover in their character the defects which have been concealed from their own knowledge. He gives them opportunity to correct these defects and to fit themselves for His service. Often He permits the fires of affliction to assail them that they may be purified.



The fact that we are called upon to endure trial shows that the Lord Jesus sees in us something precious which He desires to develop. If He saw in us nothing whereby He might glorify His name, He would not spend time in refining us. He does not cast worthless stones into His furnace. It is valuable ore that He refines.



The blacksmith puts the iron and steel into the fire that he may know what manner of metal they are. The Lord allows His chosen ones to be placed in the furnace of affliction to prove what temper they are of and whether they can be fashioned for His work.



The potter takes the clay and molds it according to his will. He kneads it and works it. He tears it apart and presses it together. He wets it and then dries it. He lets it lie for a while without touching it. When it is perfectly pliable, he continues the work of making of it a vessel.



He forms it into shape and on the wheel trims and polishes it.



He dries it in the sun and bakes it in the oven.



Thus it becomes a vessel fit for use. So the great Master Worker desires to mold and fashion us. And as the clay is in the hands of the potter, so are we to be in His hands. We are not to try to do the work of the potter. Our part is to yield ourselves to be molded by the Master Worker.”

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White, E.G. (1905) *The Ministry of Healing*. (pp. 469-471). Mountain View, CA: Pacific Press Publishing Association.



“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: but rejoice, inasmuch as ye are partakers of Christ’s sufferings; that, when His glory shall be revealed, ye may be glad also with exceeding joy.”

- *1 Peter 4:12,13*

HEALING FROM DISEASE, DEPRESSION,
AND DAMAGED RELATIONSHIPS

THE LAW OF *Life*

Michelle came to me with an abdominal cancer that had spread and was resisting all conventional attempts to control it. She also came with emotional baggage from relationship traumas. As I shared with her the principles contained in *The Law of Life*, and as she applied those principles in her life, her cancer reversed. She gained the joy and hope that she had lost, and she had a greater appreciation of her purpose in life. Michelle's story is not an isolated case. I see my patients' relationships restoring, spiritual lives blossoming, and mental health improving when these principles are applied. And you can too. Read and re-read *The Law of Life* until you understand and apply it to your life. You won't regret it!



MARK SANDOVAL after graduating from the Loma Linda University School of Medicine specialized in emergency medicine, practicing nationally and internationally. He transitioned to a lifestyle medicine practice at Uchee Pines Institute in 2012 and later became one of the first 200 physicians in the world to become board certified in lifestyle medicine. He is a proud father and happy husband, as well as an educator, entrepreneur, consultant, administrator, international speaker, and now author.



Uchee Pines Institute
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THE LAW OF LIFE

Mark Sandoval, M.D.



THE LAW OF *Life*



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